

express



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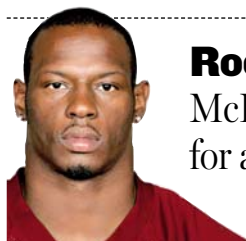
Tuesday



Condoleezza Rice urged a generous aid package.

Aid Pledge: Nations to send \$7.4B to help Palestinians | **6**

Executions Ended: N.J. outlaws capital punishment | **3**



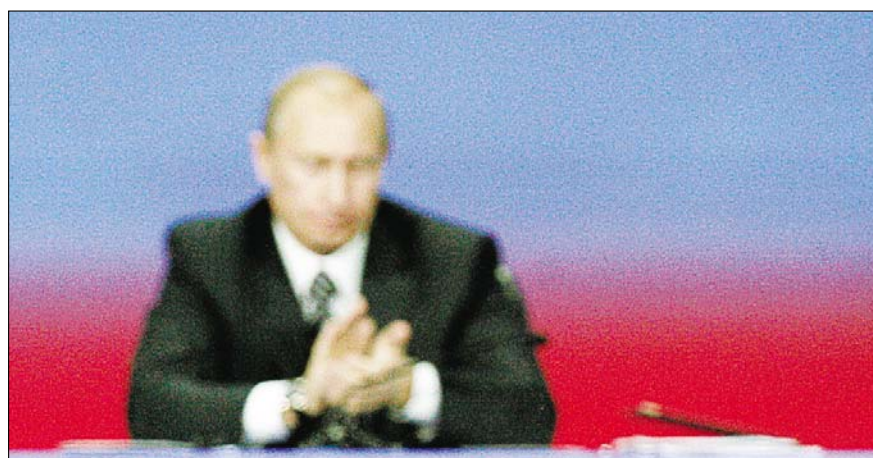
Rocky Finish: McIntosh is out for at least this season | **10**

ENTERTAINMENT

Good Buzz:

Everyone's talking about *'A Shot at Love With Tila Tequila.'* Plus, Nicolas Cage gives it a second try.

>> 13-17



Putin Agrees to Post-Term Role

DYNAMIC DUO: Dmitry Medvedev, protege of Russian President Vladimir Putin, speaks during a meeting of his United Russia party in Moscow on Monday as Putin looks on. Putin said Monday he will accept the position of prime minister after stepping down next year if, as is widely expected, Medvedev is elected president. ❖ **Putin era:** Popular leader would retain much of his power | **Page 7**

O'Brien, Leno Set To Return

Late-night shows to resume, but without striking writers

NEW YORK | NBC's two late-night franchises are coming back.

Jay Leno and Conan O'Brien plan a Jan. 2 return with fresh episodes, ending two months of reruns brought on by the writers' strike, the network said Monday. But until the strike is settled, the hosts will be on their own.

"I will make clear, on the program, my support for the writers and I'll do the best version of 'Late Night' I can under the circumstances," O'Brien said in a written statement.

Both NBC hosts indicated it was a tortuous decision for them to come back, torn by their support for the writers and knowledge that several dozen other staff members would be laid off if the shows remained dark. Some of the late-night stars covered employees' salaries during the holiday season.

The Writers Guild of America had no immediate comment on NBC's announcement.

The strike has left the nation's public discourse without its laugh track as the baseball steroids scandal spread and the presidential campaign heated up.

NBC's announcement could make it easier for other programs, like Comedy Central's "The Daily Show" or "Jimmy Kimmel Live!" on ABC, to return. Also, the WGA is talking about a separate deal with David Letterman's production company so his CBS show can return with its writers. (AP)



O'Brien



DO YOU THINK CONAN O'BRIEN AND JAY LENO WILL BOMB WITHOUT THEIR STAFF WRITERS? **A YES B NO**



TUESDAY
44 31



WEDNESDAY
49 34



THURSDAY
46 34

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 28

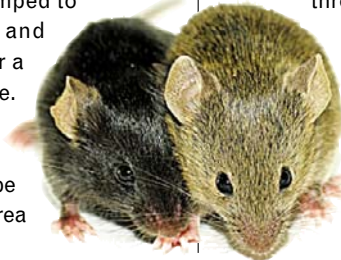
TODAY: A mostly sunny and pleasant day with diminishing winds | **26**

eyeOpeners

PRISON

Hiring Eunuchs as Wardens a Mistake

Two inmates escaped from a jail in Elizabeth, N.J., Saturday by hiding the holes they made in the walls with photos of bikini-clad women, officials said. Authorities searched over the weekend for Jose Espinosa, who was awaiting sentencing for manslaughter, and Otis Blunt, who was facing robbery and other charges. The county prosecutor's office said the two apparently removed cement blocks from two walls, squeezed through the openings, jumped to a rooftop below and then made it over a 25-foot-high fence. The section they escaped from was supposed to be the most secure area of the facility. (AP)



SCIENCE

Eons of Evolution Gleefully Undone

Japanese scientists say they've used genetic engineering to create mice that show no fear of felines, a development that may shed new light on the nature of fear itself. Scientists at Tokyo University say they were able to successfully switch off a mouse's instinct to cower at the smell or presence of cats—showing that fear is genetically hardwired. "Mice are naturally terrified of cats and usually panic or flee at the smell of one. But mice with certain nasal cells removed through genetic engineering didn't display any fear," said team leader Ko Kobayakawa. In his experiment, the genetically altered mice approached cats and even snuggled up to them. (AP)



JOHN RAQUAY/AP

VACATION HOMES

Where Santa Winters

The Christmas, Fla., post office sees patrons from points near and far, toting stacks of boxes, letters and cards. Most of them pass countless other post offices and mailing centers, continuing on for a little extra holiday cheer and the "Christmas, FL" postmark. (AP)

LAW ENFORCEMENT

You Have the Right To Remain Festive

Rancho Cordova, Calif., motorists may be in for a surprise if they spot flash-

ing red lights in their rearview mirrors in this Sacramento suburb during the holiday season. Police are stopping law-abiding motorists and rewarding their good driving with \$5 Starbucks gift cards. A traffic officer came up

with the idea to "promote the holiday spirit and enhance goodwill between the traffic unit and the motoring public," police Sgt. Tim Curran said. Local businesses donated money to buy the gift cards. (AP)

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"There's definitely some storm clouds and concerns, but the underpinning [of the economy] is good."

—President Bush, in a speech on Monday in Fredericksburg, Va.

Nation

In Brief

WASHINGTON

Paulson: No Government Bailout for Homeowners

A Bush administration official reacted coolly Monday to Alan Greenspan's suggestion that the government should consider bolder efforts to deal with the mortgage crisis.

"I don't think what we need is a big government bailout right now," Treasury Secretary Henry Paulson said. "I think what we need is to help the markets work the way they're intended to work and avoid those foreclosures that are preventable." (AP)



Paulson

CINCINNATI

Men Found Stabbed in the Heart Sent Money to Mexico

Four men who were beaten and methodically stabbed in the heart had lived in a sparsely furnished apartment, sleeping on mattresses on the floor while sending thousands of dollars to relatives in Mexico, a coroner said Monday. Two of the four were related, Hamilton County Coroner O'dell Owens said. (AP)



BACK IN BUSINESS: The Von Maur department store where a teen gunman went on a rampage will reopen Thursday, about two weeks after the shootings. (AP)

N.J. Outlaws Capital Punishment

Inmates who were sentenced to death will serve life in prison

TRENTON, N.J. | Gov. Jon S. Corzine signed into law Monday a measure that abolishes the death penalty, making New Jersey the first state in more than four decades to reject capital punishment.

The bill, approved last week by the state's Assembly and Senate, replaces the death sentence with life in prison without parole.



Corzine holds the bill he signed that ended the death penalty in N.J. Monday

"This is a day of progress for us and for the millions of people across our nation and around the globe who reject the death penalty as a moral or practical response to the grievous, even heinous, crime of murder," Corzine said.

The measure spares eight men on the state's death row. On Sunday, Corzine signed orders commuting the sentences of those eight to life in prison without parole.

Among the eight spared is Jesse Timmendequas, a sex offender who murdered 7-year-old Megan Kanka

in 1994. The case inspired Megan's Law, which requires law enforcement agencies to notify the public about convicted sex offenders living in their communities.

New Jersey reinstated the death penalty in 1982, but it hasn't executed anyone since 1963.

"The rest of America, and for that matter the entire world, is watching what we are doing here today," said Assemblyman Wilfredo Caraballo, a Democrat. "New Jersey is setting a precedent that I'm confident other states will follow." TOM HESTER JR. (AP)

BOSTON | HOLIDAY CRUSH



THE FINAL SEND-OFF: Matt Lyons, a machine operator at the Four Points postal facility in Boston, pushes a bin of letters from his post marking machine to a shipping area on Monday afternoon. U.S. Postal Service officials expected nearly 1 billion cards, letters and packages to be mailed on Monday, which would make it their busiest day of the year.

Judge: Bush's Visitor Logs Are Public Records

WASHINGTON | White House visitor logs are public documents, a federal judge ruled Monday, rejecting a legal strategy that the Bush administration had hoped would get around public records laws and let them keep their guests a secret.

The ruling is a blow to the Bush administration, which has fought the release of records showing visits by religious conservatives.

Visitor records are created by the Secret Service, which is subject to the Freedom of Information Act. But the Bush administration has ordered the data turned over to the White House, to be treated as presidential records outside the scope of the public records law. (AP)

Allergies?

Winter is here

Does your home have sick house syndrome? Dust mites, molds and even holiday foods can cause allergies. Flu-like symptoms, sinus infections even fatigue may be the result. Our Physicians have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily all without those "painful" scratch tests.

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This information is based on the new book—The 7 Principles of Fat Burning by Eric Berg DC, which will be in bookstores January 2008. The FREE month (normally valued at \$36) includes one month on the fat burning tracker program and the educational seminar on how to burn fat.

Speaker: Eric Berg, DC
DrBergWorkshop.com



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Thank you.



SERVING THE NEEDY SINCE 1906

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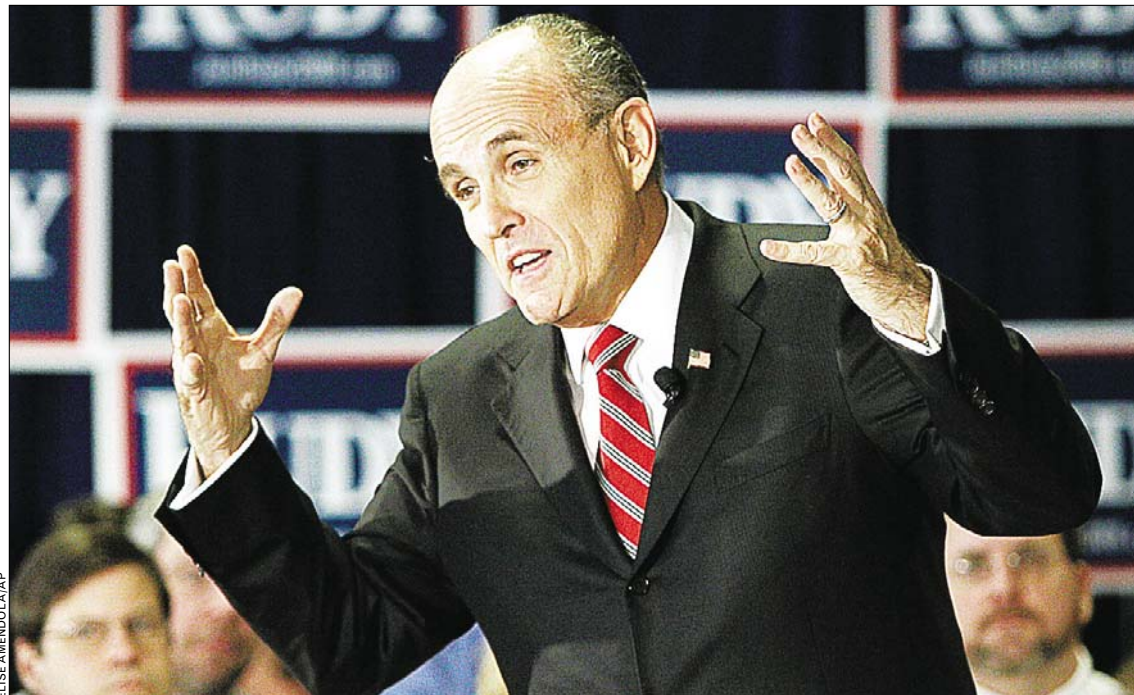
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Nation

178

The current U.S. trade deficit, in billions of dollars, the Commerce Department reported on Monday. The deficit is at its lowest level since the third quarter of 2005.



Republican presidential hopeful Rudy Giuliani speaks on Monday in New Hampshire, where he currently trails in the polls.

Giuliani Waits in the Wings

Candidate is staking his campaign on wins in later primary states

MANCHESTER, N.H. | The increased attention Rudy Giuliani has been giving to New Hampshire doesn't seem to be paying off. The Republican still trails in polls there and also faces likely defeats in other early voting states.

Pinning his hopes on big states that come later in the primary season, the former New York mayor is struggling to regain momentum after a series of setbacks. The next month could provide a severe test for his unorthodox approach to winning the GOP nomination.

Iowa, New Hampshire, South

LOST MOMENTUM

→ Until recently, Giuliani led national polls and defied conventional wisdom by showing tremendous staying power in the Republican race. But Giuliani has sustained a series of dings this month that have undercut his contention that he's the strongest leader in the field.

Carolina and other early voting states never have figured prominently in Giuliani's strategy. It calls for securing victories in states that vote later and promise huge numbers of delegates to next summer's nominating convention, beginning with Florida on Jan. 29.

Giuliani has a wide lead in that

state, and he hopes winning its 57 delegates will give him the delegate-count lead heading into the bigger-prize states that vote Feb. 5, including California and New York.

Broadly, the race for the GOP nomination is in flux, and, at this point, no one candidate is positioned to run the table with multiple wins in states before Florida.

Giuliani aides argue that such a volatile situation greatly benefits their boss. They say it's possible that different candidates could win the early states, making for a fractured contest with no one candidate riding momentum into Florida.

It's unclear, however, whether losses in the early states could cripple Giuliani before those later, bigger states vote. LIZ SIDOTI (AP)

HEARSAY | POLITICS

"I have the greatest respect for Joe, but I simply have to disagree with his decision to endorse Sen. McCain."

—SENATE MAJORITY LEADER HARRY REID, AFTER EX-DEMOCRATIC VICE PRESIDENTIAL NOMINEE SEN. JOSEPH LIEBERMAN, I-CONN., BACKED THE GOP PRESIDENTIAL HOPEFUL.

Couple Convicted in Slavery Case

CENTRAL ISLIP, N.Y. | A jury on Monday convicted a millionaire couple of enslaving two Indonesian women they brought to their mansion to work as housekeepers.

Mahender Murlidhar Sabhnani, 51, and his wife, Varsha Mahender Sabhnani, 45, were each convicted of all charges in a 12-count federal indictment that included forced labor, conspiracy, involuntary ser-

vitute and harboring aliens.

Prosecutors said the women were subjected to repeated psychological and physical abuse and were forced to work 18 hours or more per day.

The Sabhnanis, who have four children and operate a worldwide perfume business out of their Muttontown home on Long Island's Gold Coast, could face up to 40 years in prison. (AP)

AS HEARD ON PAUL HARVEY NEWS

Famous EdenPURE® portable heater that can cut your heating bill up to 50% is now much better

Heats a large room in minutes with even heat wall to wall and floor to ceiling

Does not get hot, cannot start a fire and will not reduce humidity or oxygen

RECORD HEATING BILLS PREDICTED BY FEDERAL GOVERNMENT THIS YEAR

By John Whitehead, Media Services

The famous infrared portable heater, the EdenPURE®, which can cut your heating bills by up to 50%, has been greatly improved.

The new heater heats better, faster, saves more on heating bills and runs almost silent.

The federal government has recently reported that winter heating bills are expected to reach a record this year. For some people, heating bills will increase up to 30% compared to last year.

You have probably heard about the remarkable EdenPURE® as heard on Paul Harvey News and on television features across the nation.

The EdenPURE® can pay for itself in a matter of weeks and then start putting a great deal of extra money in your pocket after that.

And that's just the start of the benefits for the new EdenPURE® Quartz Infrared Portable Heater.

A major cause of residential fires in the United States is portable heaters. But the EdenPURE® cannot cause a fire. That is because the quartz infrared heating element never gets to a temperature that can ignite anything.

The outside of the EdenPURE® only gets warm to the touch so that it will not burn children or pets. Pets can sleep on it when it is operating without harm.

The EdenPURE® will also make you healthier. That is because, unlike other heating sources, it will not reduce humidity or oxygen in the room. Typical heating sources reduce humidity which dries out your sinuses, makes you more susceptible to disease and makes your skin dry. With other heating sources, you'll notice that you get sleepy when the heat comes on because they are burning up oxygen.

The advanced space-age EdenPURE® Quartz Infrared Portable Heater also heats the room evenly, wall-to-wall and floor-to-ceiling. Other heating sources heat rooms unevenly with most of the heat concentrated high in the room and to the center of the room. And, as you know, portable heaters only heat an area a few feet around the heater. With the EdenPURE®, the temperature will not vary in any part of the room.

Unlike other heating sources, the EdenPURE® cannot put poisonous carbon monoxide into a room or any type of fumes or any type of harmful radiation.

The new improved models are the Model 1000-XL and the Model 500-XL. See the improvements provided on this page. For more details on the amazing EdenPURE® Quartz Infrared Portable Heater, here is my interview with Julius Toth, Director of Product Development for BioTech Research®.

Q. What is the origin of this amazing heating element in the EdenPURE®?

A. This advanced heating element was discovered accidentally by a man named John Jones. He had a large old farmhouse that was impossible to heat. Jones had a coal furnace in his basement. Jones placed a sheet of cured copper near the furnace to store it. Cured copper is a type of copper that goes through an extensive heating process to give it special properties.

After the fire went out in the coal furnace, Jones noticed that the sheet of copper was heating his entire basement evenly, even though the furnace was no longer putting out heat. He also was amazed as to how long the heat stayed in the copper and continued to warm the room.

Jones was so taken back by this that he started to experiment. He formed a company to develop a heating source out of this cured copper. But Jones had a number of children and he did not want a heating source that would cause a fire or create other hazardous situations like creating carbon monoxide or radiation. He also did not want his children to get burned.

To make a long story short, through a great deal of research and development, Jones developed a heating source that utilized commercial infrared quartz tubes.

Never be cold again



Cannot start a fire; a child or animal can touch or sit on it without harm

Q. What advantages does infrared quartz tube heating source have over other heating source products?

A. John Jones designed his heating source around the three most important consumer benefits: economy, comfort, and safety. The final development of this infrared quartz heater source cannot be matched by any other heating system in the world.

In the EdenPURE® system, electricity is used to generate infrared light which, in turn, creates a very safe heat. Infrared is the safest form of heat because it does not create carbon monoxide or harmful radiation. And, most importantly, infrared heat does not reach a burning temperature.

After a great deal of research and development, very efficient infrared heat chambers were developed that utilize three unique patented solid copper heat exchangers in one EdenPURE® heater. Over 5 years of research, development and real life field testing stand behind this heat source. It has now worked in residential and commercial applications worldwide for over 25 years.

Q. Why is it that this quartz infrared heating source uses less energy to create heat than other sources?

A. Actually, there is more than one reason. One of the primary reasons is that heat at combustion level, which is what all other heat sources use, causes the heat to instantly rise to the ceiling. Therefore, the heat is not evenly distributed, causing a very inefficient and uncomfortable heat source.

The EdenPURE® Quartz Infrared Portable Heater does not use burning heat. Once the heat exchanger absorbs the infrared heat, it exhales the heat into the living area which is carried by the existing humidity in the air. This causes the heat to travel rapidly and evenly throughout a room.

In actual studies, photos using infrared lighting demonstrated that the heat was almost perfectly even from floor-to-ceiling and wall-to-wall. The EdenPURE® Quartz Infrared efficiency is based on the distribution

of energized air, not on just fan movement. This heat is coined as "soft heat" due to how comfortable it is.

Q. What are the other disadvantages of combustion heat sources?

A. Heat sources that are above the burning level have many unhealthy side effects. One of these is that it creates dry, irritating indoor air. It also burns a great deal of oxygen in the air. If you remember, when you sit in front of a fireplace or a portable heater or close to a heat source, you will remember yawning. This is because you are not getting enough oxygen.

This dry irritating heat and lack of oxygen dries out sinuses and mucus in the throat, and makes people susceptible to disease. The lack of oxygen causes fatigue.

Also, many combustible heat sources produce carbon monoxide, static cling, and some produce radiation.

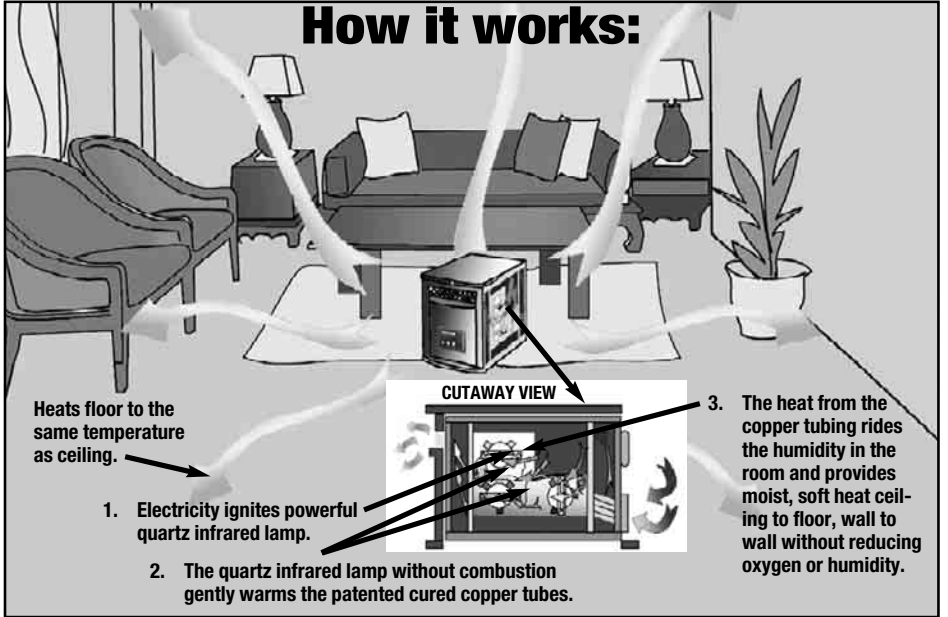
Q. So you're saying that children or pets can come up to this unit and touch it and not be harmed?

A. That is absolutely correct. As a matter of fact, pets are actually drawn to this heat because it is a natural source of heat, just like the sun heats the earth. Animals are much more instinctive than humans. This heat not only heats the air, but it also heats the objects in the room. It is a perfectly balanced heat.

Q. How can a person cut their heating bill by up to 50% with the EdenPURE®?

A. First, the EdenPURE® uses less energy to create heat than other sources, but that is just part of why it will cut a person's heating bill. The EdenPURE® will heat a room in minutes. Therefore, you can turn the heat down in your house to as low as 50 degrees, but the room you are occupying, which has the EdenPURE®, will be warm and comfortable. The EdenPURE® is portable. When you move to another room, it will quickly heat that room also. This can drastically cut heating bills, in some instances, by up to 50%.

Q. I also understand that the EdenPURE® produces clean fresh air without



New Model Improvements

1) The XL runs very much quieter. This type of super efficient fan system produces what is termed white noise which blends into a home atmosphere and becomes virtually inaudible. You now have to put your ear next to the heater to hear it operate. In addition to quieter the new fan blades are able to generate higher pressure air flow which pushes the warmer air out further into the room.

2) The XL heats better. The XL thermostat has been vastly improved so that it operates within a tighter range of degrees. The previous model used a mechanical thermostat which could produce a 6 degree variance in heat. This could be uncomfortable especially for the more heat sensitive elderly. The XL's electronic thermostat does not only eliminate the problems of a

mechanical thermostat, but it is set to a much tighter tolerance. This will promote an extremely more comfortable even stable heat.

3) The 1000-XL features digital controls. It has a simple 3 large button control which turns the unit on, and you set the comfort level that you want which reads out on the front of the unit. It also has a remote control so you can adjust the comfort level without getting up.

4) The 500-XL has a single on/off switch and adjustable digital thermostat.

5) The XL is much more reliable. The thermostat and electronics are all solid state and the infrared bulbs are greatly improved to last for a very long time.

furnace filters. How can it do that?

A. A furnace generates a lot of dust due to the combustion. By lowering the furnace temperature, you are using your furnace less and therefore reducing the requirement for the furnace filters. Also, when there's no combustion, there are no harmful fumes.

Q. So, the EdenPURE® is totally safe to use?

A. It absolutely is. The EdenPURE® has zero clearance, which means you can push it up against the wall or furniture without risk of fire. Tests prove the unit does not transmit any energy into the atmosphere that will burn or harm anyone regardless of distance between the person and the EdenPURE®.

The EdenPURE® will pay for itself in weeks. It will put a great deal of extra money in a users pocket. Because of today's spiraling gas, oil, propane, and other energy costs, the EdenPURE® will provide even greater savings as the time goes by.

The EdenPURE® heater is now greatly improved. The EdenPURE® comes in 2 models. Model 500-XL heats a room up to 300 square feet and Model 1000-XL heats a room up to 1,000 square feet.

End of interview.

Readers who wish can obtain the EdenPURE® Quartz Infrared Portable Heater at a \$75 discount if they order in the next 10 days. Please see the Special Reader's Discount Coupon on this page. For those readers ordering after 10 days from the date of this publication, we reserve the right to either accept or reject order requests at the discounted price.

SPECIAL READER'S DISCOUNT COUPON

The price of the EdenPURE® Model 500-XL is \$372 plus \$17 shipping for a total of \$389 delivered. The Model 1000-XL is \$472 plus \$27 shipping and handling for a total of \$499 delivered. People reading this publication get a \$75 discount with this coupon and pay only \$297 delivered for the Model 500-XL and \$397 delivered for the Model 1000-XL if you order within 10 days. The EdenPURE® comes in the decorator color of black with burl wood accent which goes with any decor. There is a strict limit of 3 units at the discount price - no exceptions please.

Check below which model and number you want:

- ☐ Model 500-XL, number _____ ☐ Model 1000-XL, number _____
- To order by phone, call TOLL FREE 1-800-588-5608 Ext. EPH6848. Place your order by using your credit card. Operators are on duty Monday - Friday 6am - 3am, Saturday 7am - 12 Midnight and Sunday 7am - 11pm, EST.
 - To order online, log on to www.edenpure.com
 - To order by mail, by check or credit card, fill out and mail in this coupon.

This product carries a 60-day satisfaction guarantee. If you are not totally satisfied, your purchase price will be refunded. No questions asked. There is also a one year warranty.

NAME _____		
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____

Check below to get discount:

- ☐ I am ordering within 10 days of the date of this publication, therefore I get a \$75 discount and my price is only \$297 for Model 500-XL and \$397 for Model 1000-XL delivered.
- ☐ I am ordering past 10 days of the date of this publication, therefore I pay shipping and handling and full price totaling \$389 for Model 500-XL and \$499 for Model 1000-XL.

Enclosed is \$ _____ in: ☐ Cash ☐ Check ☐ Money Order
(Make check payable to BioTech Research) or charge my:

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Signature _____

MAIL TO: BioTech Research Dept. EPH6848, 7800 Whipple Ave. N.W., Canton, OH 44767

World



COMMUNICATION SITUATION: The newly crowned Miss Belgium was booed by fans in Dutch-speaking Antwerp, after she failed to answer a question in elementary Dutch and switched to French during the competition Saturday night. The beauty queen speaks French, English and Czech.

Donors Pledge Aid for Palestinians

Foreign nations to give \$7.4 billion over 3 years for stateless citizens

PARIS | Led by Europe, international donors on Monday pledged \$7.4 billion over three years to help stateless Palestinians as new peace talks begin with Israel, yet old Middle East fights over disputed land and freedom of movement shadowed the largest show of support for the Palestinians in more than a decade.

World leaders at the conference



Condoleezza Rice, Nicolas Sarkozy and Mahmoud Abbas meet in Paris.

urged Israel to ease limits on Palestinian movement in the West Bank and Gaza Strip, following up on a

WHO'S GIVING HOW MUCH? Major pledges made Monday:

→ European countries: more than \$3B, including \$650M from the EU alone in 2008

→ Arab League members: \$1.3B over three years, including \$500M from Saudi Arabia and \$300M each from the United Arab Emirates and Kuwait.

→ U.S.: \$555M for 2008 (though about \$400M has not been approved by Congress).

warning from the World Bank that without an easing of the sweeping physical and administrative restrictions, donors may be wasting their money.

Palestinian President Mahmoud Abbas used the session to demand that Israel freeze Jewish settlements without exception. Palestinians are outraged by Israel's announcement, within days of the formal start of the U.S.-backed peace conference last month, that it planned to build hundreds of new Jewish houses in the West Bank. ANNE GEARAN (AP)

Russians Ship Nuke Fuel to Iran

Shipment paves the way for startup of Iranian reactor in '08

TEHRAN, IRAN | Iran received its first nuclear fuel from Russia on Monday, paving the way for the startup of its reactor in 2008.

Both the U.S. and Russia said that with the shipment, Iran would no longer have any reason to produce enriched uranium that could be used to build a nuclear weapon.

But Iran said it would continue its enrichment activities at a separate facility, in the central city of Natanz, to provide fuel for another nuclear reactor. In addition, Iranian officials indicated that construction had begun on just such a reactor, in Darkhovin in southwestern Iran. Previously Iran had always described the Darkhovin plant as being in the planning stages.

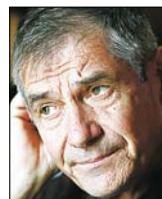
After initial opposition, the U.S. supported Russia providing uranium fuel to Iran, as long as Moscow retrieves the used reactor fuel for reprocessing, as stipulated in an agreement between Russia and Iran. ALI AKBAR DAREINI (AP)

In Brief

RIO DE JANEIRO, BRAZIL

Bishop, Followers Protest Project With Hunger Strike

Demonstrators held vigils across Brazil on Monday to protest a river diversion project opposed by hunger-striking Roman Catholic Bishop Luiz Flavio Caggio. Protesters gathered in front of the presidential palace in Brasilia, and 100 others



Caggio

joined Caggio in the small river city of Sobradinho, some fasting in solidarity with his cause. Caggio has been on a hunger strike since Nov. 27, hoping to stop a \$2 billion project to divert the Sao Francisco river. (AP)

BAGHDAD, IRAQ

Iraqi Parliament Condemns Turkish Attacks on Rebels

Iraq's parliament on Monday condemned the bombing of suspected Kurdish rebel bases by Turkish jets — an attack that seemed to carry tacit U.S. approval — and denounced the raid as an outrageous violation of Iraqi sovereignty. As many as 50 Turkish fighter jets were involved in the airstrikes Sunday in Iraq, in the biggest attack against Turkish Kurd rebels in years, Turkish media said. An Iraqi official said the planes attacked several villages, killing one woman. The rebels said two civilians and five rebels died. (AP)

BEIRUT, LEBANON | ELECTIONS STALL AGAIN



ON GUARD: A Lebanese army commando patrols a street near the parliament on Monday. Lebanon's presidential election was postponed for the ninth time Monday, despite international efforts to convince pro- and anti-Syrian parties to strike a deal. Hezbollah's absence prevented the necessary quorum, the parliament's secretariat-general said.

Israeli Strike Kills Islamic Jihad Commander in Gaza

GAZA CITY, GAZA STRIP | An Israeli airstrike hit a car filled with explosives in Gaza City after nightfall Monday, killing a senior Islamic Jihad commander and another militant and critically wounding a third in a huge blast, witnesses and hospital officials said.

The Israeli military said the target of the attack was Majed Harazin, a senior Islamic Jihad militant in charge of rocket squads that have been firing at Israel.

Hours later, a second Israeli attack killed two Islamic Jihad militants in the southern part of the city, Palestinians said. It was not immediately clear if that attack was an airstrike or a missile strike. The Israelis had no immediate com-

ment on the second attack. Islamic Jihad spokesman Khaled el-Batch confirmed that Harazin was killed in the first attack. Harazin, a top Islamic Jihad commander for both the West Bank and Gaza, rarely traveled in vehicles for fear of an Israeli airstrike, Palestinians said. He was on Israel's wanted list for nine years, they said. (AP)

WHO Warns of Bird Flu's Spread In South Asia

HANOI, VIETNAM | The World Health Organization warned Monday that countries should be on alert for bird flu because it is again on the move, with Pakistan reporting South Asia's first human infections and Myanmar logging its first human case.

Peter Cordingley, spokesman for the WHO Western Pacific region in Manila, said that the H5N1 virus often flares when temperatures drop during the winter months.

Four brothers and two cousins fell ill last month in Pakistan, while three others from the same area tested positive for the H5N1 bird flu virus this month. Two of the brothers died. (AP)



SIZABLE FINDS: Scientists announced that they had discovered a giant rat and a tiny opossum — both apparently new species of mammals — in a remote Indonesian jungle Monday.

World

Putin Will Accept Offer to Be PM

In new role, Russian president could retain some political power

MOSCOW | Vladimir Putin assured his political party Monday that Russia's age of Putin is far from over, pledging to accept an offer of the prime minister's post when he leaves the presidency next year.

Putin, whose power still seems ascendant, finally settled on one of his many post-presidential political options, which had included altering the Russian constitution so he could run again.

Putin, 55, presented his decision in a speech to leaders of the United Russia party, shortly before they voted to nominate the president's longtime protege, First Deputy Prime Minister Dmitry Medvedev, as their candidate in the March 2 presidential contest. With the sup-



President Vladimir Putin accompanies Dmitry Medvedev in Moscow Monday.

port of Putin, Medvedev appears certain to win.

After Putin endorsed Medvedev's presidential bid last week, the 42-year-old lawyer urged Putin to serve as his prime minister if he is elected. Putin waited a week before responding. DOUGLAS BIRCH (AP)

Saudi Monarch Issues Pardon For Rape Victim

RIYADH, SAUDI ARABIA | A woman sentenced to prison and a public lashing after being gang-raped has been pardoned by the Saudi monarch in a case that sparked an international outcry, including rare criticism from the United States.

The woman, known only as "the Girl of Qatif," was convicted of violating Saudi Arabia's strict Islamic laws against mixing of the sexes because she was in a car with a man she was not related to when the seven men attacked and raped them both in 2006.

The sentence shocked many in the West. In unusually strong criticism of a close ally, President Bush said that if the same thing happened to one of his daughters, he would be "angry at those who committed the crime. And I'd be angry at a state that didn't support the victim."

In past weeks, Saudi officials have bristled at foreign criticism of the case. ABDULLAH SHIHRI (AP)

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Money

Wheat Shortage Is Feared

In trading, food staple crosses \$10 threshold for the first time ever

NEW YORK | Wheat prices surged above \$10 per bushel for the first time ever Monday amid concerns that strong demand globally could result in a grain shortage in the United States next year — worsening food price inflation.

Wheat supplies in the U.S. have dwindled this year as one wheat crop after another around the world has been damaged by poor weather, most recently in Australia and Argentina. That's sent buyers scrambling for stockpiles at any cost. U.S. wheat exporters already have sold more than 90 percent of the 1.175 billion bushels the U.S. Department of Agriculture expects will be exported during the whole marketing year, which ends in June 2008.



A field full of wheat is seen in Ohio. Wheat prices are surging in the U.S.

Wheat prices crossing the \$10-per-bushel threshold won't immediately translate into a spike in retail prices for bread, cereal, cookies and other products, experts say. That's

partly because companies like Kellogg Co., General Mills Inc., ConAgra Foods Inc. and Kraft Foods Inc. typically protect themselves from price volatility with long-term supply contracts. But analysts say consumers should expect that higher wheat prices will eventually work their way into the grocery aisle.

A bushel of wheat for March delivery surged to a record \$10.095 on the Chicago Board of Trade early in the day before shedding 13.5 cents to settle at \$9.66 per bushel as profit-taking set in. Wheat prices have hit a record high each of the past three trading sessions and have doubled since the start of the year, when wheat traded for about \$5 per bushel.

Food prices rose at a 4.1 percent annual rate in the three months ended in November largely due to higher milk, egg and meat prices, according to the Labor Department's latest index of consumer prices. LAUREN VILLAGRAN (AP)

Match.com Pairs Up With Facebook

NEW YORK | Match.com, an old standby of online dating, wants to make some new connections among the fast-growing number of Facebook users worldwide.

The dating Web site plans to launch two new features this week

that bring greater social networking capabilities to its more than 15 million Match members and to the roughly 58 million active users of Facebook.

Dallas-based Match, which started in 1995, will announce Thursday

the launch of Little Black Book, a new way to link Facebook users with Match.com daters. Already this week, it has introduced Match My Friends, which allows friends or family members of a prospective online dater to create a profile for him or her — with the approval of the wanna be-dater. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Trane s	45.24	+8.04	+21.6
AmbacF	26.66	+3.85	+16.9
GrantPrde	53.91	+6.45	+13.6
Orbitz n	9.52	+1.03	+12.1
Delek	19.74	+1.79	+10.0

Losers

ExcelIM	41.96	-6.24	-12.9
Stanley	29.74	-4.16	-12.3
Milacrn rsh	2.84	-.37	-11.5
IngerRd	43.60	-5.58	-11.3
Tefron	4.06	-.49	-10.8

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.25	7.50
Fed Funds close	4.25	4.53
3-month disc	3.00	3.00
2-year	3.22	3.14
10-year	4.19	4.15
30-year	4.62	4.58

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AmDental	6.22	+1.15	+22.7
SecAdvTch	2.87	+.52	+22.1
CostPlus	5.10	+.71	+16.2
ComCntrl	8.00	+1.02	+14.6
Iomai	1.11	-.03	-2.6

Losers

Esmark n	9.28	-2.67	-22.3
Ampex	3.63	-1.02	-21.9
OmniEnr	4.35	-1.20	-21.6
MesaAir	3.60	-.87	-19.5
Oncothyrm	2.78	-.67	-19.4

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4947	.4962	.5127
Canadian Dollar	1.0064	1.0187	1.1577
European Euro	.6945	.6932	.7646
Japanese Yen	113.02	113.42	118.16
Mexican Peso	10.8650	10.8259	10.7749
Taiwanese Dollar	32.47	32.38	32.62

DOW	NASDAQ	S&P 500
-172.65	-61.28	-22.05
-1.29	-2.33	-1.50
13167.20	2574.46	1445.90

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	46.78	-1.62	-31.5
Amylin	37.65	-.98	+4.4
BiogenIdc	55.57	-3.22	+13.0
BioMarin	35.17	-1.27	+114.6
Celgene	49.93	-.48	-13.2
ChRvLab	64.82	-.78	+49.9
GenProbe	61.75	-1.27	+17.9
Genentch	67.57	-.86	-16.7
Genzyme	73.53	-1.34	+19.4
GileadSci s	45.44	-.41	+40.0
Imclone	41.64	+.58	+55.6
Invitrogn	92.63	-1.42	+63.7
MillPhar	14.17	-.99	+30.0
QIAGEN	21.12	-.52	+39.6
VertxPh	24.39	-.46	-34.8

28

The number of new families, in thousands, expected to come to Harford and Anne Arundel counties in 2011 as part of Maryland's BRAC plan. In addition, as many as 60,000 potential new jobs are expected to be created.

Local

District Politician Mason Dies at 91

Longtime D.C. Council member was a pioneer in fight for home rule

Hilda H.M. Mason, 91, an at-large member of the D.C. Council, the grande dame of city politics and a passionate and sharp-tongued champion of such issues as home rule, education and the welfare of children, died Sunday at Washington Hospital Center.

The cause of death was not immediately known, her daughter said.

Mason was a veteran of the civil rights movement, a former teacher, a formidable committee chairman and the self-described "grandmother of the world." With the late chairman David A. Clarke, she was regarded as the council's liberal con-



Hilda H.M. Mason was an at-large member of the D.C. Council, regarded as its liberal conscience on social issues, and a force behind D.C.'s voting rights movement.

science on social issues.

"Our city has lost a true legend today," Mayor Adrian M. Fenty said in a statement. "From the earliest days of home rule to the present, as an elected official and a private citizen, Hilda Mason was a force behind the voting rights movement and the education of thousands of young people."

Her great interest was public education. From 1981 to 1997, she chaired what is now the council's Education, Libraries and Recreation Committee.

"Her brand of fortitude and tenacity is what we all aspire to in our public service," D.C. Council Chairman Vincent C. Gray said.

Mason was born June 14, 1916, near Altavista, Va. She is survived by two daughters. J.Y. SMITH AND JOE HOLLEY (THE WASHINGTON POST)

D.C.'s Top Lawyer Resigns

Attorney General Linda Singer steps down after 11 months

WASHINGTON | The top lawyer for the District of Columbia resigned Monday, months before the city is expected to defend its sweeping gun ban before the Supreme Court.

Linda Singer did not give a reason for leaving in her letter to Mayor Adrian Fenty. However, one longtime acquaintance said her departure was likely connected to turf battles with the mayor's general counsel, Peter Nickles.

Singer has been attorney general since Fenty took office in January. During her brief tenure, the biggest news out of her office was the city's appeal to the Supreme Court of a decision striking down D.C.'s strict gun restrictions.

Singer had been considered a somewhat unorthodox pick for attorney general because prior to taking the position, she was executive director of Appleseed, a national network of nonprofit centers working on social justice issues. SARAH KARUSH (AP)

Kaine Proposes New Va. Budget of \$78B

Governor's plan defers state raises until '09, does not raise taxes

RICHMOND, VA. | Gov. Timothy M. Kaine on Monday proposed a lean-times budget that borrows more than \$2 billion, withdraws \$261 million in reserves and gets new mental health, health care and preschool programs off to a modest start.

The blueprint for \$78 billion in state spending through June 2010 does not increase taxes. It appropriates nearly \$1 billion to update curriculum standards for public schools



Kaine's new state budget proposal through June 2010 does not raise taxes.

but defers raises for teachers and state employees until 2009. Kaine's proposal increases fees for renewing driver's licenses once every five years by \$10. (AP)

Developer Buys Hecht's Building

WASHINGTON | A historic warehouse that belonged to department store chain Hecht Co. has been bought by a developer who plans to incorporate the art deco building into a new retail hub.

Patriot Equities, of Wayne, Pa., said it plans to preserve the six-story

building off New York Avenue in northeast Washington as it knocks down a sprawling one-story warehouse next door to make way for a shopping center anchored by big-box retailers. The company plans to renovate the 1937 Hecht's building to use it for additional retail. (AP)

The Lotteries

Monday, Dec. 17

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Mid-day DC 4 **1-9-1-4**

MARYLAND

Mid-day Pick 3 **6-4-2**
Mid-day Pick 4 **1-7-1-0**

VIRGINIA

Mid-day Pick 3 **4-1-8**
Evening Pick 3 (Sun.) **0-0-7**
Mid-day Pick 4 **2-1-7-5**
Evening Pick 4 (Sun.) **1-4-4-7**
Mid-day Cash 5 **21-22-23-25-31**
Evening Cash 5 (Sun.) **18-21-23-24-28**

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Sports



RUNAWAY PLANE: The Bills just can't catch a break. After a blizzard contributed to Buffalo's loss at Cleveland, ending the team's playoff chances, the Bills were forced to bus home Monday after their charter plane got stuck in mud off a runway in Cleveland.

Swengali

REDSKINS | BY MATT SWENSON

Redskins Playing Top-Notch Ball

THE NEW YORK GIANTS are probably going to the playoffs, while the Washington Redskins' postseason future is still very much in doubt.

Watching Sunday night's game, the opposite would seem to be true. The Redskins were better prepared and looked superior in every facet of the game in the 22-10 victory at the Meadowlands.

In some ways, it was Washington's best game of the year, given its significance and timing.

By dominating a division rival, the Redskins kept pace with the Saints and ensured next Sunday's game at Minnesota — Washington's other top wild-card competitor — will be important.

In this space, Joe Gibbs has

Gibbs deserves a large part of the credit for the Redskins' recent turnaround.

been heavily criticized, and rightly so, for questionable play-calling and poor time management. But Gibbs deserves a large part of the credit for the Redskins' recent turnaround.

While the modern-day NFL may have left Gibbs behind, the Hall of Fame coach seems to have been the perfect person to guide Washington through this tumultuous past month.

Gibbs' compassion and leadership appear to have unified a team that was plummeting in the standings before Sean Taylor's death.

Now the Redskins are back at .500, which, in the pathetic NFC, has the team in the thick of the playoff hunt.

No one knows how the season will play out. However, we do know the Redskins have shown the kind of character a city can be proud of.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

McIntosh Out for at Least This Year

Second-year linebacker could miss next year as well with knee injury

REDSKINS | Washington Redskins linebacker Rocky McIntosh is out for the season — and possibly all of next season — with torn ligaments in his left knee.

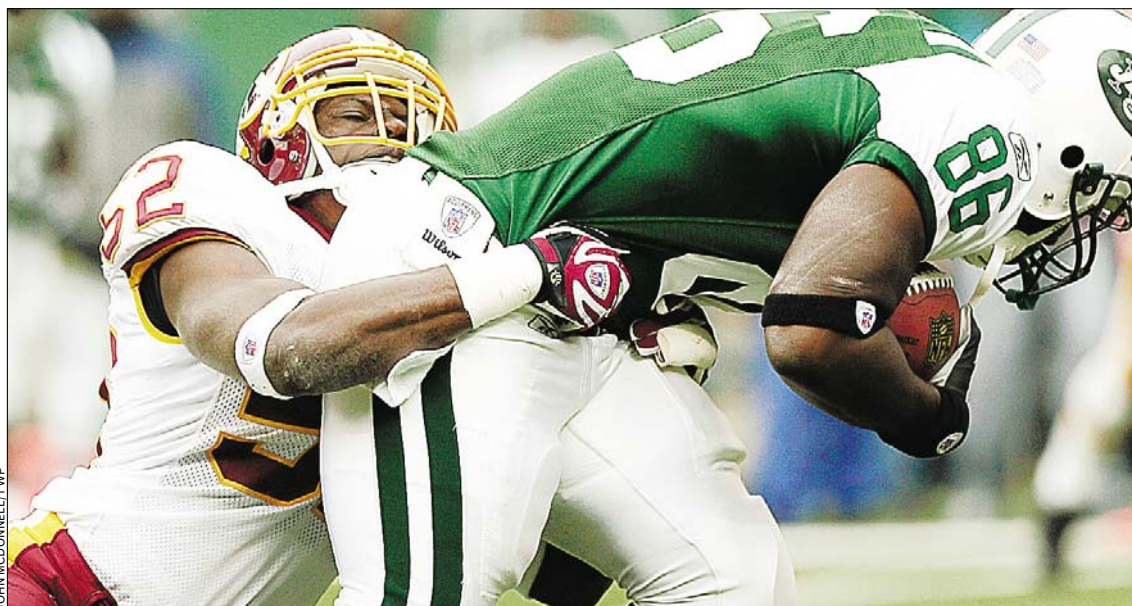
McIntosh tore both the ACL and MCL in the first quarter of Sunday's 22-10 victory over the New York Giants. An MRI on Monday confirmed the diagnosis, and he will have reconstructive surgery in the coming weeks.

The rehabilitation time for a torn ACL is usually nine to 12 months.

"It's a real negative for us," coach Joe Gibbs said Monday. "He was playing great for us."

McIntosh, a second-year player from Miami, took over as the starting weakside linebacker this season. He has 87 tackles and three sacks.

Rookie H.B. Blades, a sixth-round draft pick from Pittsburgh, took McIntosh's spot against the Giants and is expected to fill the role over the final two games as the Redskins (7-7) make a push for the playoffs. Washington likely needs to win both games to make the postseason.



Redskins linebacker Rocky McIntosh, left, had 87 tackles and three sacks this season before injuring his knee on Sunday.

THINK AHEAD

Joe Gibbs has always said he intends to return to coach the Washington Redskins next season. As it turns out, he might be around even longer:

→ When asked about returning next season as a lame duck coach — in which he and all of his assistants would be in the final year of their contracts — Gibbs opened the door to negotiating a contract extension with owner Dan Snyder. "I'm sure that that'll be something that Dan and I kind of go over," Gibbs said. "I think that happens quite often when you come up — you've still got a year left and redo things." Gibbs stressed that he was not ready to announce that he wants to stay beyond his original five-year contract. For that matter, he also declined to say that he plans definitively to coach next season. His stock response has been that he "intends" to return. "I have nothing to add to that area," Gibbs said Monday. "I'm not going to start down that road." Snyder, through a spokesman, declined to comment. (AP)

Bubba Tyer, Washington's director of sports medicine told The Washington Post that McIntosh's left ACL will be reconstructed within the next three weeks after the swelling subsides and said the MCL may not need surgery.

McIntosh is the second defensive starter to tear an ACL and MCL this season. Cornerback Carlos Rogers, who was hurt in the Oct. 28 game against New England, faces a difficult rehabilitation to return in time for the start of next season. (AP)

Smart, Unselfish Play Saves the Day

Westbrook credits his lineman for the kneel that helped beat Dallas

NFL | With nothing between him and the goal line in the closing minutes of Sunday's win over Dallas, the only thing that could stop Brian Westbrook was the bellowing of teammate Jon Runyan.

The Eagles were clinging to a 10-6 lead over their hated rivals with just over two minutes left when Westbrook broke through the line and into the open field. But rather than scoring the touchdown that could have put an emphatic end to a big upset, Westbrook stopped at the 1-yard line and went to the ground,



Eagles RB Brian Westbrook takes a knee at the 1-yard line to beat the Cowboys.

allowing the Eagles to run out the clock on the Cowboys.

All because he could hear his right tackle's earlier advice in his mind and urgent orders in his ear.

"I got a stern talking-to by Runyan right before that play," Westbrook said after the game. "He said, 'Listen, if you're down to the 1, take a knee.'"

Westbrook didn't know if it was a good idea, but Runyan did.

"He was like, 'Take a knee, Westbrook, take a knee.'"

Runyan was so sure it would be better for the Eagles to run out the clock rather than score and risk a freak comeback, he pursued his running back downfield on the play, yelling the whole time.

"I looked back and I saw all 6-7 or 6-8 of him running toward me saying, 'Get down,'" Westbrook said. "So, I got down."

RANDY PENNELL (AP)

Ravens to Stick With Boller at QB

RAVENS | Determined to end the longest current losing streak in the NFL, Ravens coach Brian Billick intends to start Kyle Boller at QB against the Seahawks instead of promoting rookie Troy Smith.

"Kyle, clearly, in my opinion, gives us the best chance to win the game," Billick said Monday.

The last-place Ravens (4-10) have lost a franchise-record eight in a row and have no shot at reaching the playoffs, but Billick is not ready to turn his attention to next season. So instead of seeing how Smith fares, Billick will go with Boller, who sustained a mild concussion in Sunday's 22-16 overtime loss to the previously winless Dolphins. (AP)

TOO BAD THE STEELERS LOST: Richard Desrosiers, who died in March, never made it to Heinz Field to watch his Steelers, but his widow helped him fulfill his dream in death. Kathleen Desrosiers attended Sunday's game, bringing an urn with some of her late husband's ashes, his ring and two pictures of him.



Sports

NFC Playoff Picture Clouds Over

Cowboys could miss home field; Giants could miss playoffs

NFL | The Pittsburgh Steelers lost at home for the first time this season, leaving their hopes for an AFC North title still hanging. The New York Giants, who have six consecutive road wins, lost for the third straight time at home, squandering a chance to clinch a playoff spot.

And Dallas, a prohibitive front-runner for home-field advantage in the NFC, put that status in jeopardy by losing to Philadelphia in a game in which Tony Romo injured the thumb on his throwing hand.

So, maybe Cleveland, the longest of long shots to start the season, will win the AFC North. Maybe the Giants will miss the playoffs altogether, a thought foremost in the minds of those who booed them, then left the Meadowlands early during their 22-10 loss to Washington on Sunday night. And maybe the NFC road to the Super Bowl will go through Green Bay rather than Texas Stadium.

"If we go on and win the Super



Quarterback Tony Romo, left, struggled against the Eagles, and Dallas lost 10-6.

Bowl, the loss is a good thing. If we lose in the first round of the playoffs, the loss is not a good thing," Romo said after the Cowboys were beaten by the Eagles and fell into a tie with Green Bay at 12-2, although they still hold the tiebreaker.

It could come down to a Dallas-

Washington finale to decide home-field advantage. The Redskins, who play at Minnesota next week in another important game, are 7-7 and could get a spot if they win out.

The Packers, on the other hand, have two division games they should win: at Chicago, which is playing

PICTURE THIS

Some things — like the Patriots having home-field advantage — are crystal clear. Other races are a little more complicated:

- The Jaguars, Steelers, Browns and Titans are fighting for three playoff spots in the AFC.
- The Jaguars have the edge, needing a win, a Titans loss or tie, or a Browns loss to clinch.
- Heading into Monday night's Vikings-Bears game, just three NFC teams (the 49ers, Rams and Falcons) had been eliminated from the playoffs.

for next season, and at home for Detroit, loser of six straight.

The Giants (9-5) had better win in Buffalo next week. They close with New England, which doesn't seem about to back down. The other realistic contenders are the Vikings and New Orleans (7-7).

There are some 6-8 teams alive too, but does anyone think Detroit, which started 6-2 before reverting to type, is about to win anything? Or Arizona? Or Carolina?

DAVE GOLDBERG (AP)

Top 25 Poll Gets 3 New Members Near the Bottom

COLLEGE HOOPS | Lots of final exams, little change in The Associated Press' Top 25 on Monday.

With North Carolina No. 1 for the seventh consecutive week, the top 15 teams in the poll held their spots from last week. However, there was movement near the bottom of the rankings with three teams moving in, two for the first time this season.



Haith

Miami and West Virginia jumped into the poll at Nos. 22 and 24, respectively, while Southern California again returned to the rankings at No. 25, this time after being out of the poll for one week.

The last time Miami (8-0) was in the Top 25 was the 2001-02 season.

"It is early, but for where our program is and where we're trying to be, it's a great thing," fourth-year Miami coach Frank Haith said Monday. JIM O'CONNELL (AP)

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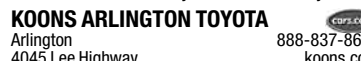


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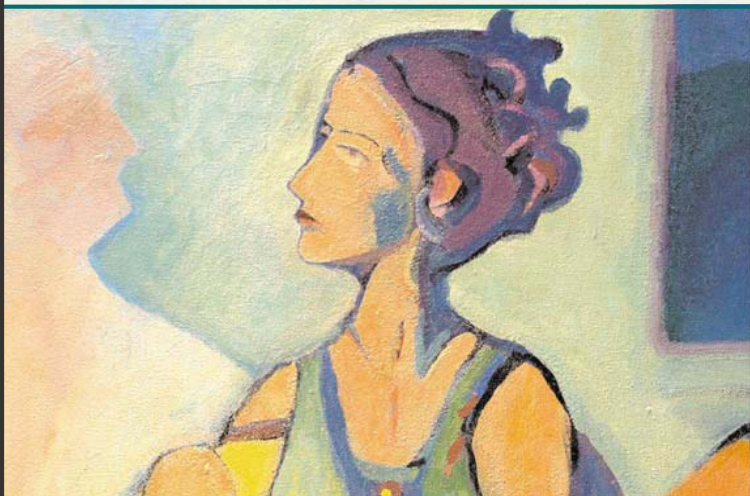
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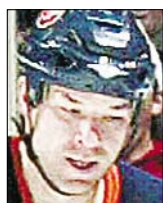
The amount, in millions of dollars, Florida State will have to pay offensive coordinator Jimbo Fisher if he isn't hired to replace head coach Bobby Bowden within three years.

In Brief

HOCKEY

Chris Simon Leaves Islanders Following Latest Penalty

Chris Simon left the New York Islanders on Monday, saying he needed time away from hockey following his latest penalty for attempting to injure an opponent. Late in New York's loss to the Penguins, with the Islanders trailing by a goal, Simon was given a match



Simon

penalty when he pulled out Ruutu's leg, sending the forward to the ice between the team benches. He then stepped on the back of his leg with his skate. (AP)

WOMEN'S HOOPS

Aggies Move Into Top 10, But Other 9 Stay the Same

Texas A&M is back in the top 10 for the first time in more than a year. The Aggies improved two places to No. 10 in the women's AP Top 25 poll Monday after handing then-No. 14 Auburn its first loss of the season, 62-60. Texas A&M was one of the few teams that made a move following a light week due to final exams. The top nine teams held steady, with Tennessee at No. 1 after an easy week. (AP)

BASEBALL

Bennett Signs With Dodgers

A few days after admitting he used human growth hormone, backup catcher Gary Bennett signed a one-year contract Monday with the Dodgers. Bennett was among 85 players implicated in the Mitchell Report. He later told The Washington Post: "As far as the report is concerned to me, it's accurate."

BASEBALL

Yankees Re-Sign Closer

Mariano Rivera and the New York Yankees made it official Monday, finalizing a \$45 million, three-year contract. Rivera became a free agent after the season, then told the team last month he would accept their offer. It took a little time to complete the paperwork and a physical. (AP)



New Michigan football coach Rich Rodriguez, right, shakes hands with his predecessor, Lloyd Carr, before a press conference announcing Rodriguez's hiring.

Newest Michigan Man Introduced

Rodriguez is the first outsider to coach in Ann Arbor since Bo

COLLEGE FOOTBALL | Rich Rodriguez walked through a flashlight-lit locker room, down a darkened tunnel and stepped onto the Michigan Stadium field for the first time.

"It's beautiful," he said with snow covering his dress shoes.

A new era began at Michigan on Monday. The winningest program in college football ended its first coaching search since hiring Bo Schembechler nearly four decades ago by luring Rodriguez and his spread offense from West Virginia.

The process probably lasted longer than the school wanted, and it might not have landed its first choice. Yet, Rodriguez didn't have a problem with getting the job after LSU's Les Miles and Rutgers' Greg Schiano turned down reported opportunities to replace the retiring Lloyd Carr.

"[I] might have been my wife's

third choice, too," Rodriguez joked.

He is ending a seven-season run at West Virginia, a year after turning down an offer to be Alabama's coach. Rodriguez said it took an opportunity of Michigan's caliber for him to leave his home state and alma mater.

"It was a very difficult decision to leave a place where I grew up," said Rodriguez, who was born in Grant Town, W.Va., five miles from the birthplace of famed Michigan coach Fielding Yost and about 20 miles from the West Virginia campus. "It was going to take a very special opportunity and a very special place, and I think that's what this is."

Rodriguez is the first head coach to come from outside the "Michigan family" as athletic director Bill Martin put it, since Schembechler was hired away from Miami of Ohio in 1969.

"Do you have to be a Michigan man to be a Michigan coach?" Rodriguez asked. "Gosh, I hope not." LARRY LAGE (AP)

TODAY'S TV LINEUP

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN)

Traditional hoops head on the road to non-traditional programs. Kansas is at Georgia Tech and Kentucky is at Houston.

HOCKEY (7 P.M. ON VERSUS)

Ottawa heads to Boston to play the Bruins, Boston's worst sports team (they're in second place).



BODY LANGUAGE: Andy Serkis, the actor who provided movements and expressions for Gollum in "The Lord of the Rings" and for Kong in "King Kong," is joining the cast of a planned DreamWorks trilogy based on the Belgian cartoon character Tintin.

Entertainment

The Love Drunkards

Finalists take a last shot at romance with the saucy Tila Tequila

BISEXUAL | One man and one woman still have "A Shot at Love With Tila Tequila" — and viewers are very interested.

The zany reality show starring bisexual Internet celebrity Tila Tequila is among the top 15 cable shows and has become MTV's second most popular series, just behind Lauren Conrad and company on "The Hills," according to numbers from Nielsen Media Research.

"Who would have ever thought I'd be the girl who does that for MTV?" Tequila wonders.

Good question.

In case you're one of the few people who hasn't seen or read a blog about "A Shot at Love," the gist of the dating show is this: a 26-year-old MySpace pinup searches for love "Bachelor"-style among 16 men and 16 women, who compete for alone time with her in over-the-top challenges — chocolate syrup wrestling, for example — and share one oversized bed. Then, at the end of each episode, she chirpily tells the non-eliminated contestants, "You still have a shot at love. Are you interested?" And they usually are.

"It was kind of weird at first,"



MYSPEACE DARLING: Tila Tequila's career began with provocative photos on her MySpace page. Now, she's the star of an MTV series. Ain't that Internet somethin'?

Tequila said. "I thought, 'What am I doing here? Can I leave now?' But once you get to know people, you become involved."

In the finale (airing tonight at 10 p.m.), Tequila — whose real last name is Nguyen — will choose between Dani Campbell, a 29-year-old female firefighter from Fort Lauderdale, Fla., and Bobby Banhart, a 25-year-old male film student from Worcester, N.Y.

Tequila, who realized she was bisexual at age 11, says she's still dating the person she selected when production on the seedy show ended earlier this year. She also doesn't communicate with any of the contestants who didn't earn one of the giant keys to her heart.

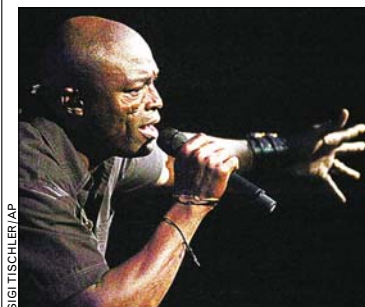
"I don't keep up with anybody except for the person I picked," Tequila says. "I've eliminated them. I don't intend on reopening those sores, to respect the person I'm with."

However, Tequila will come face-to-face with at least 20 of the contestants, including a few folks who claimed they fell in love with Tequila on the show, during a special reunion show she says is filming Friday (and will air Dec. 23 at 10 p.m.).

"It will bring me back right where we left off," she says. "I'll be able to say some things I never got to say to a few of them. Tell a few of them off." **DERRIK J. LANG (AP)**



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1 Figure-skating greats dance to Seal's music! Figure-skating greats from the late '80s/early '90s, that is. We're talking Kristi Yamaguchi and Brian Boitano frolicking on the ice while the Grammy-winning singer croons into his mic. Bizarre? Magical? Either way, it will be a spectacle to behold, and \$5 of each ticket goes to "Autism Speaks."

→ **Verizon Center, 601 F St. NW;** 7:30 p.m., \$40-60; 202-661-5000. (Gallery Place-Chinatown)

JENNIFER STUMM Classical Talent



2 Atlanta-born violinist Jennifer Stumm is accomplished in the way that makes the rest of us feel bad, so we'll

skip the list of her awards and achievements and just say this: She's super-talented and playing the Kennedy Center tonight with pianist Finghin Collins.

→ **Kennedy Center, 2700 F St. NW;** 7:30 p.m., \$32; 202-467-4600. (Foggy Bottom-GWU)

COMEDY EVENING Lighthearted, French

3 La Maison Française screens two humorous films tonight, "Tanguy" and "Don't Look Now, We've Been Shot At." Between films, celebrate the holidays as one might in ol' Paris with a glass of mulled-wine. Ooh, la, la!

→ **La Maison Française, 4101 Reservoir Road NW;** 6 p.m., \$5-\$8; 202-944-6090.

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Dan Fogelberg Dies

The soft-rock vet succumbs to cancer at the age of 56

OBIT | Dan Fogelberg, the singer and songwriter whose hits "Leader of the Band" and "Same Old Lang Syne" helped define the soft-rock era, died Sunday at his home in Maine after battling prostate cancer. He was 56.

His death was announced in a statement released by his family

through the firm Scoop Marketing, and it was also posted on the singer's Web site.

"Dan left us this morning at 6:00 a.m. He fought a brave battle with cancer and died peacefully at home in Maine with his wife Jean at his side," it read. "His strength, dignity and grace in the face of the daunting challenges of this disease were an inspiration to all who knew him."

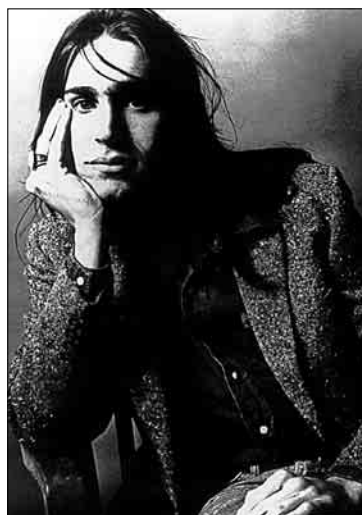
Fogelberg discovered he had advanced prostate cancer in 2004.

In a statement then, he thanked fans for their support.

"It is truly overwhelming and humbling to realize how many lives my music has touched so deeply all these years," he said.

Fogelberg's heyday was in the 1970s and early 80s, when he scored several platinum and multiplatinum records, fueled by such hits as "The Power of Gold" and "Leader of the Band," a touching tribute he wrote to his father, a bandleader.

NEKESA MUMBI MOODY (AP)



Dan Fogelberg, pictured here in 1970, was a major contributor to soft-rock.

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ALVIN AND THE CHIPMUNKS (PG) (130 230 400 500) 645 745 930
1015
PERFECT HOLIDAY (PG) (200 430) 715 1000
THE GOLDEN COMPASS (PG-13) (115 230 515) 700 800 1040
OC: THE GOLDEN COMPASS (PG-13) (415) 945
ENCHANTED (PG) (200 430) 715 950
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (100 420) 730 1030
AUGUST RUSH (PG) (940) PM
THIS CHRISTMAS (PG-13) (145 440) 730 1035
HITMAN (R) - ID REQ'D (245 515) 815 1040
BEOWULF (PG-13) (145 440) 800 1040
FRED CLAU (PG) (110 350) 645

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
ALVIN AND THE CHIPMUNKS (PG) (1245 300 530) 1025
I AM LEGEND (PG-13) ★ (100 145 230 345 430 515) 630 715 800
915 1000 1030
THE GOLDEN COMPASS (PG-13) (115 215 400) 645 745 930
THE MIST (R) - ID REQ'D (1245 345) 700 1000
THIS CHRISTMAS (PG-13) (130 415) 715 1015
AUGUST RUSH (PG) (145 430) 730 1010
ENCHANTED (PG) (200 445) 730 1005
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (100 415) 700 945
FRED CLAU (PG) (115 400) 645 930
AMERICAN GANGSTER (R) - ID REQ'D (130 500) 830
BEE MOVIE (PG) (200 445) 745 1020
OC: THE GOLDEN COMPASS (PG-13) (500) 1030

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11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
I AM LEGEND (PG-13) ★ (1130 1200 100 200 230 340 430 500) 700
730 800 935 1005 1025
ALVIN AND THE CHIPMUNKS (PG) (1140 1215 155 240 415) 650
640 720 910 940
PERFECT HOLIDAY (PG) (1145 210 440) 750 1010
THE GOLDEN COMPASS (PG-13) (1240 110 325 350) 650 725 930
1000
THIS CHRISTMAS (PG-13) (1245 405) 710 955
HITMAN (R) - ID REQ'D (400) 1020
AUGUST RUSH (PG) (105) 740
ENCHANTED (PG) (1150 220 505) 745 1015
BEOWULF DIGITAL 3D - \$2.50 FEE FOR 3D (PG-13) (1230 330)
645 920
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (1250 345) 705 955
FRED CLAU (PG) (1225 315) 650 930

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703-998-4AMC

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:40, 4:40, 7:40, 10:35

ALVIN AND THE CHIPMUNKS (PG) 1:45, 3:15, 4:55, 5:45, 7:35, 8:15, 10:00

I AM LEGEND (PG13) 1:00, 1:30, 2:00, 2:30, 4:00, 4:30, 5:00, 5:30, 7:00, 7:30, 8:00, 8:30, 9:50, 10:30

THE PERFECT HOLIDAY (PG) 1:50, 3:10, 4:35, 5:55, 7:10, 8:50, 9:45

THE GOLDEN COMPASS (PG13) 1:25, 2:20, 3:20, 4:20, 5:20, 6:20, 7:20, 8:20, 9:20, 10:20

AWAKE (R) 1:05, 3:25, 5:50, 8:05, 10:25

AUGUST RUSH (PG) 1:35, 7:25

ENCHANTED (PG) 1:30, 2:50, 4:05, 5:35, 6:50, 8:10, 9:30

HITMAN (R) 1:10, 3:40, 6:10, 8:40

THE MIST (R) 1:55, 4:50, 7:45

THIS CHRISTMAS (PG13) 2:40, 4:00, 5:40, 7:20, 8:40, 10:15

THIS CHRISTMAS (PG13) 2:40, 4:00, 5:40, 7:20, 8:40, 10:15

FRED CLAU (PG) 4:25, 10:10

AMERICAN GANGSTER (R) 7:50

BEE MOVIE (PG) 2:10, 4:45

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:15, 4:15, 7:15, 10:05

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

ALVIN AND THE CHIPMUNKS (PG) 2:30, 4:40, 7:00

HITMAN (R) 3:20, 8:20

THE MIST (R) 5:30

THIS CHRISTMAS (PG13) 3:40, 6:40

FRED CLAU (PG) 4:00, 6:30

ELIZABETH: THE GOLDEN AGE (PG13) 2:35, 5:10, 7:40

AMC SELECT

LOVE IN THE TIME OF CHOLERA (R) 4:30, 7:30

THE DARJEELING LIMITED (R) 2:00, 4:40, 7:00

GONE BABY GONE (R) 2:50, 5:25, 8:10

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

ALVIN AND THE CHIPMUNKS (PG) 12:35, 3:05, 5:35, 8:00, 10:15

I AM LEGEND (PG13) 12:30, 1:30, 2:10, 3:10, 4:10, 5:00, 6:05, 7:00, 7:50, 8:50, 9:50

THE PERFECT HOLIDAY (PG) 12:05, 1:35, 2:30, 4:05, 5:05, 6:30, 7:30, 9:00, 10:00

THE GOLDEN COMPASS (PG13) 1:20, 4:20, 7:20, 9:55

ENCHANTED (PG) 1:10, 3:50, 6:20, 8:55

HITMAN (R) 12:10, 2:40, 5:10, 7:40, 10:10

THE MIST (R) 4:15, 9:45

THIS CHRISTMAS (PG13) 12:15, 3:15, 6:15, 7:15, 9:15, 10:15

TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 1:25, 7:05

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT

ATONEMENT (R) 1:30, 2:20, 4:10, 5:00, 7:00, 7:50

MARGOT AT THE WEDDING (R) 2:00, 4:10, 7:40

NO COUNTRY FOR OLD MEN (R) 1:40, 4:20, 7:00

BEFORE THE DEVIL KNOWS YOU'RE DEAD (R) 1:50, 4:40, 7:30

LARS AND THE REAL GIRL (PG13) 4:30

INTO THE WILD (R) 1:30, 7:10

MY KID COULD PAINT THAT (PG13) 2:10, 4:50, 7:20

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

I AM LEGEND (PG13) 1:50, 4:35, 7:15

THE GOLDEN COMPASS (PG13) 1:45, 4:25, 7:00

ENCHANTED (PG) 1:40, 4:15, 7:10

FRED CLAU (PG) 2:00, 4:25

LIONS FOR LAMBS (R) 7:05

AMERICAN GANGSTER (R) 6:40

BEE MOVIE (PG) 2:15, 4:20

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:40, 4:20, 7:00, 9:40

ALVIN AND THE CHIPMUNKS (PG) 1:25, 3:45, 6:05, 8:20, 10:35

I AM LEGEND (PG13) 12:50, 2:00, 3:30, 4:40, 6:10, 7:20, 8:50, 10:00

THE PERFECT HOLIDAY (PG) 12:15, 2:35, 5:00, 7:30, 9:50

THE GOLDEN COMPASS (PG13) 1:10, 2:20, 3:55, 5:05, 6:40, 7:50, 9:25, 10:30

AWAKE (R) 1:15, 3:35, 5:55, 8:10, 10:20

AUGUST RUSH (PG) 1:30, 4:10, 6:50, 9:30

ENCHANTED (PG) 12:05, 2:30, 5:10, 7:40, 10:10

HITMAN (R) 7:10, 9:45

THIS CHRISTMAS (PG13) 12:00, 2:40, 5:20, 8:00, 10:40

THIS CHRISTMAS (PG13) 12:00, 2:40, 5:20, 8:00, 10:40

FRED CLAU (PG) 1:50, 4:30

AMERICAN GANGSTER (R) 6:15, 9:35

BEE MOVIE (PG) 1:20, 3:50

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 12:35, 3:25, 6:30, 9:20

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

ALVIN AND THE CHIPMUNKS (PG) 12:15, 2:30, 4:50, 7:15

I AM LEGEND (PG13) 12:00, 1:00, 2:45, 4:00, 5:20, 7:00, 8:00, 9:40

THE PERFECT HOLIDAY (PG) 12:00, 1:40, 2:50, 5:10, 7:30

THE GOLDEN COMPASS (PG13) 5:50, 8:30

AUGUST RUSH (PG) 5:15

ENCHANTED (PG) 4:30, 7:00

HITMAN (R) 8:00

THE MIST (R) 4:35, 7:40

THIS CHRISTMAS (PG13) 4:40, 7:30

BEOWULF (PG13) 5:30, 8:15

LOEWS RIO CINEMAS 18

9811 Washington Boulevard
301-948-0906

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:40, 4:25, 7:25, 10:10

ALVIN AND THE CHIPMUNKS (PG) 1:15, 2:30, 3:45, 5:00, 6:10, 7:30, 8:30, 9:50

ALVIN AND THE CHIPMUNKS (PG) 1:15, 3:45, 6:10, 8:30

I AM LEGEND (PG13) 12:40, 1:20, 2:20, 3:20, 4:10, 5:10, 6:00, 7:00, 8:00, 8:45, 9:40, 10:30

THE PERFECT HOLIDAY (PG) 2:05, 4:40, 7:20, 9:55

THE GOLDEN COMPASS (PG13) 1:00, 1:45, 2:40, 3:50, 4:30, 5:20, 6:30, 7:15, 8:10, 9:15, 10:05

AWAKE (R) 1:50, 4:50, 7:20, 9:45

AUGUST RUSH (PG) 2:10, 7:55

ENCHANTED (PG) 1:30, 2:50, 4:15, 5:30, 7:10, 10:00

HITMAN (R) 7:45, 10:15

THE MIST (R) 4:05, 10:25

THIS CHRISTMAS (PG13) 2:00, 4:55, 7:40, 10:25

FRED CLAU (PG) 5:05, 10:35

AMERICAN GANGSTER (R) 12:45, 7:05

BEE MOVIE (PG) 12:55, 3:10, 5:25

DAN IN REAL LIFE (PG13) 8:05, 10:35

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:55, 4:45, 7:35, 10:20

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

ALVIN AND THE CHIPMUNKS (PG) 1:00, 3:15, 5:35, 8:00, 10:25

I AM LEGEND (PG13) 1:20, 2:50, 4:10, 5:30, 7:00, 8:15, 9:50

THE GOLDEN COMPASS (PG13) 1:40, 3:00, 4:25, 5:45, 7:15, 8:30, 10:05

AWAKE (R) 2:20, 4:35, 10:20

AUGUST RUSH (PG) 2:40, 5:20, 7:55

ENCHANTED (PG) 2:30, 5:10, 7:50, 10:25

HITMAN (R) 10:30 PM

THIS CHRISTMAS (PG13) 1:05, 4:00, 6:45, 9:35

BEOWULF (PG13) 1:30, 4:15, 7:05, 9:55

AMERICAN GANGSTER (R) 1:00, 4:30, 8:05

AMERICAN GANGSTER (R) 1:00, 4:30, 8:05

AMC SELECT

JUNO (PG13) 2:35, 5:00, 7:30, 10:00

THE KITE RUNNER (PG13) 1:50, 4:45, 7:45, 10:30

NO COUNTRY FOR OLD MEN (R) 1:25, 4:20, 7:00, 9:40

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:45, 4:40, 7:30, 10:15

ALVIN AND THE CHIPMUNKS (PG) 2:00, 2:50, 4:30, 5:20, 6:55, 7:40, 9:15, 10:00

ALVIN AND THE CHIPMUNKS (PG) 2:00, 4:30, 6:55, 9:15

I AM LEGEND (PG13) 1:20, 2:20, 3:40, 4:10, 5:10, 6:30, 7:00, 8:00, 9:20, 9:50

THE PERFECT HOLIDAY (PG) 1:50, 3:00, 4:20, 5:30, 6:45, 7:50, 9:25, 10:10

THE GOLDEN COMPASS (PG13) 1:30, 2:15, 3:30, 4:15, 5:00, 6:15, 7:05, 7:45, 9:00, 9:45

AWAKE (R) 2:25, 4:50, 7:05, 9:30

AUGUST RUSH (PG) 10:10 PM

ENCHANTED (PG) 2:10, 4:55, 7:35, 10:15

HITMAN (R) 2:30, 5:05, 7:25, 9:55

THIS CHRISTMAS (PG13) 1:15, 4:25, 7:10, 10:05

FRED CLAU (PG) 1:40, 4:35, 7:20

AMERICAN GANGSTER (R) 6:10, 9:35

BEE MOVIE (PG) 1:25, 3:50

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:10, 4:00, 6:50, 9:40

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:55, 4:50, 7:55, 10:30

ALVIN AND THE CHIPMUNKS (PG) 1:10, 3:30, 5:55, 8:15, 10:35

I AM LEGEND (PG13) 1:30, 2:30, 3:25, 4:00, 5:05, 6:00, 7:00, 8:00, 8:45, 9:50, 10:45

THE GOLDEN COMPASS (PG13) 1:05, 2:35, 3:45, 5:15, 6:15, 7:05, 8:05, 9:00, 9:55, 10:45

AWAKE (R) 7:30, 9:40

Entertainment

Sequel 'Secrets'

Cage curbs his fear of repeats for another 'National Treasure'

PART 2 | Few suspected that 2004's "National Treasure," an Indiana Jones-type action-adventure for American history geeks, would become a worldwide box office hit.

Producer Jerry Bruckheimer may have been the only one with an inkling that he had a potential winner on his hands, having produced his share of blockbusters over the years. "We knew it was a very entertaining movie," says Bruckheimer, whose sequel-spawners include "Pirates of the Caribbean," "Bad Boys" and "Beverly Hills Cop."

"It doesn't matter that it's about American history," he continues. "People love puzzles and mysteries."

Once foreign grosses pushed "National Treasure's" box office to \$347 million, it was time to think about making a follow-up. With plenty of historical mysteries to explore, "National Treasure's" team of writers assembled to chart another journey for Nicolas Cage's Ben Gates and his treasure-seeking, mystery-solving cohorts.

Rejoining Cage for "National Treasure: Book of Secrets" is Jon



GEEK OUT! Nicolas Cage works a historical angle in the "National Treasure" sequel.

Voight as Gates' history-professor dad; Diane Kruger as his archivist girlfriend; Justin Bartha as his tech-whiz partner and Harvey Keitel as an FBI investigator. New to the cast is Helen Mirren ("The Queen") as Gates' mom, a linguistics expert and a general force of nature. Ed Harris plays a treasure-hunting historian who gives Gates a run for his money. And Bruce Greenwood stars as the president of the United States.

Having never done a Hollywood sequel, Cage was a bit cagey about reprising the Gates character. "First of all, philosophically, I don't like repeating myself," he explains, "but I

believe if you're going to do a sequel, it has to be as good or better than the original."

But, Cage was sold when director Jon Turteltaub delivered an outline for the sequel. While the original delved into mythical secrets surrounding the Founding Fathers, the Declaration of Independence and the Templar Knights' treasure, "Book of Secrets" probes legends surrounding President Lincoln's assassination, Confederate gold, clues left in assassin John Wilkes Booth's diary and a "Presidents' Book of Secrets." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

AFI Plays Favorites For 2007

BIG TEN | The raucous comedy "Knocked Up," the animated family film "Ratatouille," the final season of "The Sopranos" and the freshman comedy-fantasy series "Pushing Daisies" were named Sunday by the American Film Institute as among the best works in film and television for 2007.



Katherine Heigl, Leslie Mann and a pregnancy test star in "Knocked Up."

The AFI Awards are the only annual recognition that honors the creative ensembles both in front of

and behind the cameras of movies and programs.

Besides "Knocked Up" and "Ratatouille," the AFI's selections for the 10 outstanding films of 2007 are "Before the Devil Knows You're Dead," "The Diving Bell and the Butterfly," "Into the Wild," "Juno," "Michael Clayton," "No Country for Old Men," "The Savages" and "There Will Be Blood."

Joining "The Sopranos" and "Pushing Daisies" on the television side are "Dexter," "Everybody Hates Chris," "Friday Night Lights," "Longford," "Mad Men," "Tell Me You Love Me," "30 Rock" and "Ugly Betty." SUSAN KING (LOS ANGELES TIMES)

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Mark Twain
Author
(1835-1910)



Harriet Tubman
Abolitionist
(c.1820-1913)



Kymone Freeman
Vaccine Trial Participant
(Present day)

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FRANKSTER, BUSINESSMAN: Erstwhile "Jackass" star Bam Margera is teaming with a business partner to open a theater in his hometown of West Chester, Pa. The theater, still not named, will feature musical acts, stand-up comedians and films.

Television

ON TV TONIGHT

BAH. HUMBUG!, ETC.

George C. Scott portrays Ebenezer Scrooge in the 1984 adaptation of **A CHRISTMAS CAROL** (8 p.m., AMC).

HIGH STAKES

Contestants match wits for \$1.5 million on **DUEL** (8 p.m., ABC).

SCARY! MERRY!

Tim Burton fuses a Halloween feeling with Yule tidings in the **THE NIGHTMARE BEFORE CHRISTMAS** (8 p.m., Disney).

SKINNIEST ONE OF ALL

A winner emerges on a two-hour helping of **THE BIGGEST LOSER** (9 p.m., NBC).

SECRET LOVERS

Sean gets hip to Christian and Julia on **NIP/TUCK** (10 p.m., FX).

MASOCHISM

A fourth suspenseful, dangerous



ORIGINAL GRINCH: George C. Scott as Scrooge in "A Christmas Carol."

ascent on **EVEREST: BEYOND THE LIMIT**
(10 p.m., Discovery). KEVIN MCDONOUGH
(UNITED FEATURE SYNDICATE)

Missing in Action

'Nova' recalls a dangerous strip of airspace in Korea

MEN DOWN | “Nova” (8 p.m., PBS) returns to the Korean War with “Missing in MiG Alley.” The Korean War witnessed the first dogfights between jet pilots, with American aces flying the F-86 and communist forces flying the MiG 15, then considered the fastest plane in the world.

“Missing” reveals how Russian pilots actually flew many of the MiGs, a fact that the USSR hid at the time for fear that their dis-



CASUALTY OF WAR: Captain Troy Cope was shot down in "MiG Alley."

covery or capture would spark wider war with the West. "Nova" recalls how both the Americans and the Soviets looted technology and expertise from the ruins of the Nazi Third Reich, whose air force developed the first jet fighter. The Soviets were also aided by a regrettable act of British solidarity with their erstwhile WWII allies.

Shortly after the war, the British gave the USSR some Rolls Royce jet engines, then considered to be the best in the world. The Soviet versions of these jet engines would enable the MiG to fly higher and faster than the F-86, but the British and American forces had the advantage of better-trained pilots. KEVIN MCDONOUGH
(UNITED FEATURE SYNDICATE)

12.18.07		6:00 PM		6:30		7:00		7:30		8:00		8:30		9:00		9:30		10:00		10:30		11:00		11:30	
LOCAL CHANNELS	WRC	4	News (N)			NBC Nightly News		Access Hollywood		Clash of the Choirs (S Live)		The Biggest Loser The contestants reunite; one wins the \$250,000 prize.						News (N)		Tonight Show					
	WTTG	5	News (N)	TMZ (N)		The Simpsons		Seinfeld		Bones "The Body in the Book"		House "Act Your Age" (PA)						News (N)		News (N)		TMZ			
	WJLA	7	News (N)	ABC Wld News		Wheel of Fortune		Jeopardy! (N)		Duel Contestants challenge each other's intellect and skill.				According to Jim					Boston Legal "Green Christmas" (N)		News (N)		(3:5) Nightline (N)		
	WUSA	9	News (N)	Evening News		News		Entertainment		NCIS "Tribes" (N)		The Unit "Side Angle Side" (N)						Cane "Open and Shut" (N)		News (N)		Late Show			
	WDCA	20	Judge Judy (N)	Judge Joe Brown		King of Queens		King of Queens		Christmas at the Cathedral		Christmas Glory: In the Key of Love						Every-Raymond	King of the Hill	Law & Order: Criminal Intent "Want"					
	WMPT	22	The NewsHour With Jim Lehrer (N)		Business Rpt.		Outdoors Md.		Nova "Missing in MiG Alley" (N)		Independent Lens "An Unreasonable Man" (N)								Travels-Edge	Smart Travels					
	WETA	26	BBC World News	Business Rpt.		The NewsHour With Jim Lehrer (N)		Nova "Missing in MiG Alley" (N)		Independent Lens "An Unreasonable Man" (N)									Charlie Rose (N)						
	WHUT	32	World Business	Tavis Smiley		BBC World News		Moneywise		Mystery! The murder of a prominent scientist.		Christmas-Bilt						BBC World News	Tavis Smiley	Charlie Rose (N)					
	WDCW	50	My Wife and Kids	Family Guy		Two/Half Men		Friends		Crowned: The Mother of All Pageants		Reaper "All Mine"						Family Guy	Friends	Two/Half Men	Sex and the City				
BASIC CABLE	A&E		Cold Case Files			CSI: Miami "Rap Sheet"				CSI: Miami "Just One Kiss"				CSI: Miami "Ashes to Ashes"				CSI: Miami "Broken"				CSI: Miami "Breathless"			
	Animal		The Crocodile Hunter			Heroes: Hurricane Rescue				Heroes: Hurricane Reunions				Wild Kingdom "Rumble in the River"				Animal Cops Detroit				Heroes: Hurricane Rescue			
	BET		106 & Park: BET's Top 10 Live			Black College				The Beyoncé Experience The singer's 2007 world concert tour.								To Be Announced				Hell Date	Hell Date		
	Bravo		Real Housewives			Real Housewives				Real Housewives								Real Housewives				Real Housewives			
	Comedy		"Shriek If You Know What I Did"			Scrubs	Scrubs			Daily Show	Colbert Report			Mind of Mencia	Mind of Mencia			Mind of Mencia	Mind of Mencia	Daily Show	Colbert Report				
	Court		World's Wildest Police Videos			Cops	Cops			Cops	Cops			World's Wildest				Operation Repo	Operation Repo	The Investigators "Deadly Returns"					
	Discovery		How It's Made	How It's Made		Man vs. Wild "Patagonia"				Dirty Jobs: Jobs That Bite				Dirty Jobs: Jobs That Bite				Everest: Beyond the Limit (N)				After the Climb "The Dream" (N)			
	DISCH		Code Blue "Blink of an Eye"			Trauma: Life in the ER "Tough Town"				Conjoined Twins: Erin and Jade				Duggars' Big Family Album				Jon & Kate Plus 8 Hit the Road				Conjoined Twins: Erin and Jade			
	Disney		Cory in the House	Cory in the House		Hannah Montana	Zack & Cody			*** "The Nightmare Before Christmas" (1993)				That's So Raven	That's So Raven	Life With Derek		Zack & Cody	Hannah Montana						
	E!		Soup Presents	Chelsea Lately		E! News (N)	The Daily 10 (N)			Dr. 90210 Operation on brother.				Kardashians	Kardashians	Girl Next Door	Girl Next Door	E! News	Chelsea Lately (N)						
	FX		(5:00) *** "Starsky & Hutch" (2004, Comedy) Ben Stiller.			*** "Shallow Hal"				(2001, Romance-Comedy) Gwyneth Paltrow, Jack Black, Jason Alexander.								Nip/Tuck "Duke Collins" (N)				(:05) Nip/Tuck "Duke Collins"			
	HGTV		Small Space	If Walls Could		House Hunters				Designed to Sell	My Kitchen			Decorating Cents	24 Hour Design			House Hunters	Secrets That Sell				House Worth?	Hidden Potential	
	Family		8 Simple Rules	8 Simple Rules		Rudolph's Shiny New Year				"Snowglobe" (2007, Fantasy) Christina Milian, Lorraine Bracco.							'Twas Night	Nestor-Donkey	The 700 Club						
	History		High Hitler			Modern Marvels: The Autobahn				Modern Marvels: Chocolate				The Universe The Milky Way galaxy.				Mega Disasters				American Eats Holiday foods.			
	Lifetime		Reba	Reba		Still Standing	Still Standing			Reba	Reba			*** "On the 2nd Day of Christmas" (1997) Mary Stuart Masterson.				Will & Grace	Will & Grace						
	MTV		A Shot at Love With Tila Tequila			A Shot at Love With Tila Tequila				A Shot at Love With Tila Tequila				A Shot at Love With Tila Tequila				A Shot at Love With Tila Tequila				Shot at Love	Tila Tequila		
	NICK		Drake & Josh	Drake & Josh		Zoey 101	Ned's School			Drake & Josh	Full House			Home Improve.	Home Improve.			George Lopez	George Lopez	Roseanne	Fresh Prince				
SCI FI		Stargate SG-1 "Full Alert"			Ghost Hunters Tuberculosis hospital.				"Ghost Adventures" (2006, Documentary)								ECW Did Punk survive Armageddon?				Flash Gordon "Random Access"				
SPIKE		CSI: Crime Scene Investigation			CSI: Crime Scene Investigation				CSI: Crime Scene Investigation				CSI: Crime Scene Investigation				CSI: Crime Scene Investigation				CSI: NY "Fare Game"				
TBS		Friends	Every-Raymond		Every-Raymond	Every-Raymond			Family Guy	Family Guy "PTV"			Family Guy	Family Guy			The Office	The Office	Frank TV (N)	Sex and the City					
TLC		Flip That House	Flip That House		More Crazy Christmas Lights				LA Ink Kim wants to start dating.				London Ink (N)				Miami Ink "Viva Las Vegas"				Miami Ink "Old Friends"				
TNT		Law & Order "In God We Trust"			Law & Order "Invaders"				Law & Order "Good Faith"				Law & Order "Bling" (DVS)				Saving Grace (Season Finale) (N)				Saving Grace				
USA		Law & Order: Special Victims Unit			Law & Order: Criminal Intent				Law & Order: Special Victims Unit				Law & Order: Special Victims Unit				Law & Order: Special Victims Unit				Law & Order: Special Victims Unit				
VHI		(5:30) Best Year Ever: '07			I Love New York				What Perez Sez About 2007				Greatest Songs of the '90s				Greatest Songs of the '90s				America's Most Smartest Model				
SPAN.	TELEM		Daniela	Noti-Telemndo		12 Corazones				Madre Luna				Victoria				Pecados Ajenos				Noti-Telemndo	Titulares y Mas		
	UNIV		Que Locura	Noticiero Univ		Yo Amo a Juan Querendón (N)				Amar sin Limites (N)				Pasión				Ver Para Creer				Primer Impacto	Noticiero Univ.		
SPORTS	ESPN		SportsCenter (Live)			College Basketball Kansas at Georgia Tech. (Live)								College Basketball Kentucky at Houston. (Live)							SportsCenter (Live)				
	ESPN2		On the Block	Football Live		NFL Live	NFL's Greatest Game (N)							NBA Coast-to-Coast (Live)				Varsity Inc.	Varsity Inc.	Varsity Inc.	Football Live				
	CSN		SportsNite	SportsNite		Net Impact	NHL Hockey Washington Capitals at Detroit Red Wings. From Joe Louis Arena in Detroit.											SportsNite (Live)				Washington Post Live			
NEWS	CNN		(4:00) The Situation Room			Lou Dobbs Tonight				Out in the Open				Larry King Live				Anderson Cooper 360							
	FNC		Special Report			The Fox Report With Shepard Smith				The O'Reilly Factor				Hannity & Colmes				On the Record-Van Susteren				The O'Reilly Factor			
	MSNBC		Tucker			Hardball				Countdown With Keith Olbermann				Live With Dan Abrams				Lockup: Holman				Nightmare on 31st Street			
MOVIES	AMC		(5:30) *** "Lara Croft Tomb Raider: The Cradle of Life" (2003) 'PG-13'							*** "A Christmas Carol" (1984, Fantasy) George C. Scott, David Warner.								(:15) *** "Santa Claus: The Movie" (1985, Fantasy) Dudley Moore. 'PG'							
	TCM		Romance-Man.	*** "Fifth Avenue Girl" (1939) Ginger Rogers. 'NR'						*** "A Raisin in the Sun" (1961, Drama) Sidney Poitier. 'NR'								(:15) *** "The Joker Is Wild" (1957, Biography) Frank Sinatra.							
	HBO		(:15) *** "X-Men: The Last Stand" (2006) Hugh Jackman. 'PG-13'							*** "Dreamgirls" (2006, Musical) Jamie Foxx. 'PG-13'								(:15) *** "Final Destination 3" (2006) Mary Elizabeth Winstead. 'R'							
	MAX		*** "Alien" (1979, Science Fiction) Tom Skerritt, John Hurt. 'R'							*** "Money Train" (1995, Action) Wesley Snipes, Jennifer Lopez. 'R'								*** "American Beauty" (1999) Kevin Spacey, Thora Birch. 'R'							
	SHOW		(5:00) *** "Into the Blue" (2005)			*** "Akeelah and the Bee" (2006) Laurence Fishburne. iTV. 'PG'					Dexter "The British Invasion" (iTV)							Paul Mooney: Jesus Is Black, So Was Cleopatra				Not to Love			
	TMC		*** Smitherens	* "One Tough Cop" (1998) Stephen Baldwin. 'R'			*** "Double Whammy" (2001) Denis Leary. 'R'				(:45) *** "Dirty" (2005, Crime Drama) Cuba Gooding Jr. 'R'											*** Made (2001)			
	STARZ!		(5:10) "10 Things I Hate About You"			(:10) *** "Step Up" (2006, Musical) Channing Tatum, Mario. 'PG-13'					*** "The Messengers" (2007) Kristen Stewart. 'PG-13'							(:35) *** "Apocalypse" (2006) Rudy Youngblood. 'R'							
ENCORE		(:05) *** "Out to Sea" (1997) Jack Lemmon, Walter Matthau. 'PG-13'				*** "Lorenzo's Oil" (1992, Docudrama) Nick Nolte, Susan Sarandon. 'PG-13'												*** "Derailed" (2005) Clive Owen. 'R'							



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Honda 2006 Civic — LX, \$15250, Good cond, 12k mi, Gray int, Blue ext, 4 dr, Buckets, ABS, CD, airbag passenger, 213-505-2579

Infiniti 1998 I30 — \$3000, Good cond, 191k mi, Charcoal int, Green ext, 4 dr, Lthr Int, Sunrf, Cass, Buckets, ABS, 240-426-8348.

Land Rover 2000 Discovery — Series II SD, \$9000 obo, Excellent cond, 59k mi, Beige int, Black ext, 5 dr, 703-344-1651

Mitsubishi 2003 Eclipse — GTS, \$12000, Mint cond, 28k mi, Black int, Silver ext, 2 dr, Lthr Int, alloys, Sunrf, 6 CD Cngr, 301-399-5174

Mitsubishi 2002 Galant — GTZ-V6, \$7,900 obo, Excellent cond, 94k mi, Gray int, Silver ext, 4 dr, Mnrfl, Lthr Int, 4 new tires, tunes up, 301-693-5539

Nissan 2000 Maxima — GLE, \$2950 obo, Excellent cond, 23k mi, Navigation, Black int, Silver ext, 4 dr, DVD, Mnrfl, Contact me at: muierapid7@yahoo.com

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LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Green Christmas

Technology

Maryland Capitol's trees are donning energy-efficient lights

Christmas decorations at the Maryland Statehouse in Annapolis have gone "green."

Christmas trees have been decked with energy-efficient light bulbs for the first time, a switch made this holiday season to go along with Gov. Martin O'Malley's push for more energy conservation.

The light-emitting diodes, known as LEDs, generally use only about 10 percent of the energy needed for a standard incandescent bulb, according to the Maryland Department of General Services.

"Although the LEDs are slightly

more expensive to purchase, they provide significant energy savings, last longer than the incandescent bulbs we used in the past, and they are much brighter," said Samuel Cook, director of the department's Annapolis Capital Region.

LEDs don't have a filament inside like incandescent bulbs. They light up when electrons move around inside a semiconductor material.

LEDs also don't get too hot, and they don't break as easily as their glass predecessors do, because they are contained in plastic instead of glass.

Although LEDs are not new, they have only been used as Christmas lights in recent years because of advances in technology that have improved brightness and color variety.

The lights are festooning Christmas trees in the Statehouse rotunda

INSIDE

Guess what!
Pam files for
divorce! | 30



Fancy Feet: Wear shoes meant for Marilyn | 27

Discussions: Post travel folk talk GPS, skis | 28



ECO-FRIENDLY GLOW: LED lights adorn the Maryland Statehouse rotunda's tree.

and the governor's reception room. The governor's and lieutenant governor's offices are using the lights, too. Strands of LEDs also have been placed on bushes in front of the governor's house.

The State House rotunda tree, a 21-foot-tall Douglas Fir, has roughly 10,000 LED lights.

If the lights are on for six hours per day over 45 days, the state hopes to save \$79.70 during the holiday

season for each strand of 600 lights. The Department of General Services estimates the state will save about \$1,360 with the new lights on the State House rotunda tree alone.

The Baltimore State Office Center also is using LEDs.

O'Malley has been pushing an initiative called EmPOWER Maryland, which aims to reduce energy

“Although the LEDs are slightly more expensive to purchase, they provide significant energy savings.”

SAMUEL COOK, MARYLAND DEPT. OF GENERAL SERVICES

consumption in state facilities by 15 percent by 2015. The governor has described it as an "ambitious but obtainable" goal that will require incorporating energy efficiencies into government buildings.

Since July, when the governor announced the initiative, the Department of General Services has been replacing lights with the more energy-efficient LEDs.

"This is just a small beginning," Cook said. "We're steadily rolling it out." BRIAN WITTE (AP)

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Dollar Bill Detectives

Culture

Wheresgeorge.com users make a hobby out of tracking cash

Steven Hope walked into a fast-food restaurant in New Jersey craving a value meal of burgers and fries and left with seed money for a hobby that's gobbled up a lot of his free time.

Whether she knew it or not, the cashier handed Hope a dollar bill with a curious message stamped on one side. It promised the answer to a question that's nagged at him for the last seven years: "Where's George?"

Millions of people, Hope included, have tracked bills through a Web site called Wheresgeorge.com, where entering serial numbers of stamped bills shows where they've been and under what circumstances they were passed. Users get points — good for bragging rights only — when someone else



Millions of people have followed their dollars' travels through Wheresgeorge.com.

The hobby carries its own culture. It's been saddled with the phrase "cult following."

finds one of their bills and re-enters it into the system.

The tracking hobby carries its own culture. There's etiquette. There's lingo. Users have code names like "Pit Boss" and "Career Soldier." Consequently, it's been saddled with the phrase "cult following."

Yet with growing ranks of users, the site has pricked the finger of pop culture consciousness. "Georgers," as they affectionately call themselves, are everywhere.

Where's George site creator Hank Eskin of Boston said his weekend computer project had ballooned into something unexpected. He had a simple goal, to test the technology. The etiquette,

the jargon and discussions on social forums all came from users.

Among them are Hope and his wife, Brenda, who met over the Internet. He was a Georger; she wasn't. Hope talked often about his hobby — a bill that just popped up in Florida, or another in Michigan.

He's lucky it didn't shred their blossoming relationship.

"To be honest, I thought he was weird," she said with a laugh.

But Brenda Hope, 43, got hooked on the hobby two years ago after she went to a barbecue for Georgers.

That same year, the couple attended the first-ever convention for Georgers held in St. Louis. They went to a baseball game with their Internet buddies and even toured a Federal Reserve Bank there. A framed group photo hangs on their living room wall.

"You sit there and you talk, and it's almost like it's family," she said.

Curiosity drives people to the site, but it's an ample supply of statistics that keeps them returning. Users chase "bingos," goals such as getting a hit in every state.

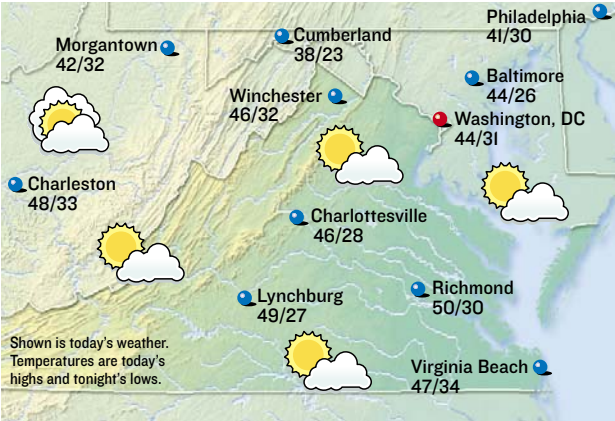
The Hopes have had hits in every county in Connecticut but have fallen short of their national targets. Steven Hope says he's missing only South and North Dakota.

BRYAN SUNDIE (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Mostly clear	Partly sunny	Cloudy	Cloudy, rain possible	Partly sunny
44°	31°	49° / 34°	46° / 34°	39° / 34°	47° / 38°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High 41°

Low 33°

Normal high 46°

Normal low 32°

Average humidity 40%

Precipitation

24 hours ending 4 p.m. 0.01"

Month to date 1.87"

Normal month to date 1.65"

Year to date 31.52"

Last year to date 46.36"

Normal year to date 37.95"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, mostly sunny, less wind. High 44. Wind west-southwest 4-8 mph. Tonight, mostly clear. Low 31. Wind south 3-6 mph.

Sun and Moon

Sunrise today	7:21 a.m.
Sunset tonight	4:48 p.m.
Moonrise today	12:37 p.m.
Moonset today	12:57 a.m.

Full

Last

New

First

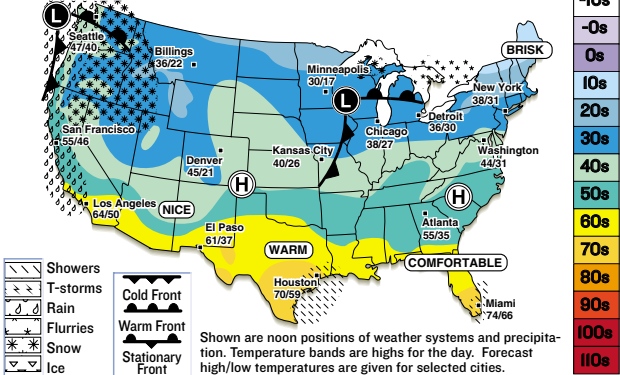
Dec 23

Dec 31

Jan 8

Jan 15

National Weather for Tuesday, December 18



National Cities

City	Today	Wed.
Atlanta	55/35/pc	55/43/pc
Boston	30/18/pc	36/28/sn
Chicago	38/27/c	38/27/pc
Dallas	64/42/pc	67/47/pc
Denver	45/21/pc	44/21/pc
Honolulu	82/69/s	81/69/s
Los Angeles	64/50/r	64/49/pc
Miami	74/66/pc	78/67/pc
New York City	38/31/pc	45/35/pc
Orlando	68/52/pc	76/54/pc
Seattle	47/40/r	46/37/r

World Cities

City	Today	Wed.
Amsterdam	41/34/pc	43/34/pc
Athens	52/45/sh	50/43/pc
Berlin	37/27/s	37/28/s
Buenos Aires	88/66/pc	88/70/s
Calgary	24/14/c	22/12/sf
Dublin	46/37/pc	45/36/pc
Geneva	38/29/pc	44/28/s
Moscow	32/27/c	30/25/c
Rome	48/36/c	52/37/pc
Sydney	73/67/pc	75/68/pc
Tokyo	52/39/pc	50/39/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

Look
out

A Shoe In

Dare to try a pair of shoes custom-made for Marilyn Monroe?

Here's the chance to walk in the shoes of Carmen Miranda, Audrey Hepburn and Marilyn Monroe: Salvatore Ferragamo is for the first time re-creating and selling in the U.S. the shoes made for these stars.

The designs in the limited-edition Ferragamo Creations collection come straight from the company's archives, using the original models, forms and types of leather. Many had been couture shoes made only once for a single client.

Among those available at the brand's flagship store in Manhattan are the red 4-inch stiletto heels that Monroe wore in "Some Like It Hot," a gold-tile mosaic platform shoe worn by Miranda, and a silver platform sandal created for Eva Peron.

The patriarch of the brand, the late Salvatore Ferragamo, who died in 1960, also worked with Hepburn many times, and the round-toe ballet slipper he made for her is also part of Creations. The timing couldn't be better: That particular shoe fits in with today's fashion trends as well as it did in 1959.

Some handbags also will be offered, including a top-handle bag made of transparent Plexiglas with

This 1959 round-toe Holly ballerina shoe (above) was created for Audrey Hepburn.

interchangeable fabric lining.

Each new product will come with a certificate of authenticity describing its story and features. Once the limited number of each product is sold out, the design will return to the archive. However, other designs

will be plucked from the archives and added to the collection twice per year.

Ferragamo came to the U.S. when he was just 16 and, in 1923, opened the Hollywood Boot Shop. Courting Hollywood stars was always part of his business plan. Once he began working with the movie studios and celebrities themselves, he was able to return to his native Italy and persuade these top customers to visit him there.

A section of the Fifth Avenue store has been renovated to resemble a shoemaker's showroom in the 1950s — down to a copy of a gold-framed mirror owned by Wanda Ferragamo, Salvatore's widow — to house these retro pieces. Historic photographs of the designer and the women who inspired his work hang on the wall.

The Creations concept previously had been offered in Paris, Tokyo, Beijing and at Ferragamo headquarters in Florence, Italy.

SAMANTHA CRITCHELL (AP)

PLEASE STOP ►► PEEVES OF THE PROS

Beat Those Wedding Blues

Most brides don't know why they're wearing something blue on the big day. Research traces an early printed version of the good-luck poem, "Something old, something new, something borrowed, something blue," back to at least 1883.

Superstition, yes. But why take a risk on such an important day?

"There's something that feels sort of solid about it," says Theresa DiMasi, editor in chief of Brides.com, who wore blue toenail polish at her wedding. "But I also believe it's a personal thing — you can do it your way or not do it all."

The easiest way to add blue is a blue garter, but there are more options.

Bianca Alexander, director of makeup artistry for MAC Cosmetics, would reach for blue eye shadow. A powder-blue matte makes a 1960s-inspired, doe-eyed look,



Blingy blues: Tiffany's rings are an option for rich 'n' superstitious gals.

DAVID LAWRENCE/AP

she says, and will photograph nicely.

Detra Segar, vice president of Tiffany & Co., suggests sapphires, tanzanite and blue tourmaline gemstones.

For those unwilling to invest so heavily, there are disposable blue flowers.

DiMasi herself carried a blue hydrangea in her bouquet. She has seen other brides put a blue flower in their hair, wrap a satin ribbon around flower stems or tuck a little blue crystal in the bouquet.

SAMANTHA CRITCHELL (AP)

Beauty



Just Like Other Dust

We've been all over the primer trend since its inception, watching in amazement as every part of the face got its own under-layer to make the cosmetics on top look better. This, however, is the first occurrence of a whole new phenom: the topcoat, let's call it. TheBalm's **OVERSHADOW** (four shades, \$14, Thebalm.com) is intended to sit atop one's boring, stupid, old, unenhanced eye shadow. The stuff's very fine, shimmery mineral dust ... that looks like every other fine shimmery mineral dust we've tried since the mineral crazy began. This is just repackaged in a cool pinup girl compact and called "Overshadow."

HOLLY J. MORRIS (EXPRESS)

Beauty



Unidentified Makeup Object

Isadora's **MINERAL EYESHADOW ARTIST PALETTE** (\$20, Walgreens) looks a lot more like the awkward spawn of a UFO and those little mirrors dentists use to see your molars than it does an artist's palette. The actual stuff you put on your eyes doesn't look much like eye shadow, either — it's a slightly clumpy mineral dust that kind of resembles metallic brown sugar. It goes on thick, though, taking but one application to saturate an eyelid with color, so if you're Cleopatra and you're in a hurry, you're set. It's also messy, as our photographer discovered while shooting the thing. H.J.M.

LOOK out Online


readexpress.com

site specifics

COMEDY

Joker of Queens

Comedian Ted Alexandro dreamed of becoming a hip-hop star. While he did play the Apollo, he found his true voice as a funnyman in comedy clubs. Express contributor Johnathan Rickman spoke with the Queens native, who will hold court at the DC Improv Tuesday through Sunday. | COMING UP



FREE RIDE

Alberto's Back in Business

Attention, pizza lovers in Dupont Circle: Less than five months after a fire damaged its P Street NW building, Alberto's has reopened. Express' Michael Grass paid the pie joint a visit over the weekend and offers his thoughts on its new look. | ONLINE NOW



PEOPLE

Angelina's 'Blob' Returns

Forbes Magazine released its list of Hollywood's Most Influential Infants last week, and Shiloh "The Blob" Jolie-Pitt was given top honors. Express' Holly Morris wonders how this seemingly sullen tot could capture America's heart. | ONLINE NOW



comment board

“Yes, but not so

much to see what people can find out about me, but more to see what my namesakes have done.”

COMMENTER RURAHHRAH, WHO ADDED, “I WAS SURPRISED TO SEE THE VARIETY OF DEEDS THEY’VE ACCOMPLISHED AND HOBBIES TAKEN PART IN.”

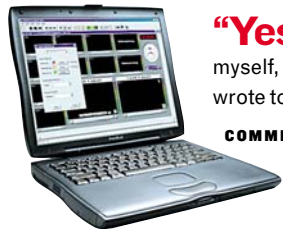
“I certainly have. I

want to find anyplace on the Internet that has information about me.”

COMMENTER ZORA HOPKINS, WHO ADDED, “IT’S BAD ENOUGH THAT [THE GOVERNMENT] CAN LISTEN TO MY PHONE CALLS AND OPEN MY MAIL AND FIND OUT WHAT BOOKS I CHECK OUT OF THE LIBRARY.”

“Yes, I have. I have never found much about myself, but I did find a copy of a letter my grandfather wrote to a small-town newspaper in the 1970s.”

COMMENTER RG, RESPONDING TO MONDAY’S POLL CENTER QUESTION, “HAVE YOU EVER GOOGLED YOURSELF TO SEE WHAT OTHERS CAN FIND OUT ABOUT YOU?”



poll center

YESTERDAY’S RESULTS AS OF 5 P.M.

HAVE YOU EVER GOOGLED YOURSELF TO SEE WHAT OTHERS CAN FIND OUT ABOUT YOU?

87% YES **13%** NO

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“If you want to be happy, don’t do things ... you are told make you happy. If you’re spending more than your income, you will work until you die.”

ROOSHV.COM PASSES ON SOME OBSERVATIONS ABOUT BEING HAPPY IN LIFE.



LINDA DAVIDSON/TWP

“I don’t have the patience. I stick to doodling. Or puzzles. Crossword puzzles are my old-lady equivalent to knitting.”

A **JEZEBEL.COM** COMMENTER ISN’T INTO KNITTING. LIKE SOME YARN FANS, BUT SAYS, “I MAY NOT BE DRAPED IN CROCHET, BUT I WILL KNOW THAT OLEO IS A FOUR-LETTER WORD FOR MARGARINE.”



“**BOB RYAN** is (sadly) as close as we come to having a wacky weatherman. Will Thomas seems like maybe the dullest person on the planet. In fact, I’m half-convinced that Will Thomas is a robot that they just unplug in between broadcasts.”

THEDCUNIVERSE.BLOGSPOT.COM SAYS D.C.’S LOCAL TELEVISION PERSONALITIES ARE GENERALLY BORING PEOPLE.

“**REESE LOOKS** like she just came from a magazine cover shoot by 8 a.m. every day, whereas bloated Vince Vaughn normally looks like you could squeeze the grease from his head.”

CELEBITCHY.COM WONDERS WHETHER THE CASTING DIRECTOR GAVE MUCH THOUGHT TO PAIRING REESE WITHERSPOON AND VINCE VAUGHN IN “FOUR CHRISTMASSES.”

“**EACH OF THE REPUBLICAN** candidates should have to explain why George Bush, commanding the most powerful military in the history of the world, has been unable to defeat the Taliban in a time period almost twice as long as WWII.”

FIREDOGLAKE.COM REACTS TO NEW WARNINGS ON THE TALIBAN’S GROWING STRENGTH.

Discussions

Holiday Travels

THE FLIGHT CREW was online Monday and talked about traveling to the Galapagos, places to go skiing for a weekend getaway and tips for taking your handheld GPS on a flight.

We will be on an escorted tour to the Galapagos and the Amazon right after Christmas. Do we need to get any immunization shots or take anything with us on the trip health-wise?

You’ll need to make sure your immunizations are up to date, plus get shots to protect you

from yellow fever and pills to prevent malaria.

I’m planning a New Year’s weekend getaway for my boyfriend and me. It should be a romantic setting in an area not completely overdeveloped, and I’d like to do it for less than \$125 per night. Do you have any suggestions?

Plenty are within a few hours’ drive. Wisp (Skiwisp.com), Wintergreen (Wintergreenresort.com) and Seven Springs (7springs.com) all have lots to do besides skiing. Or you could hop over to a West Virginia state park and get in on a New Year’s special at one of the closer parks (Wvstateparks.com), many of which have lodging year-round.

My husband received a handheld GPS for Christmas this year. We are flying from Reagan National to Boston next week. Would it be a problem to take it through security in his carry-on?

To avoid any issues, it is best to pack the GPS unit in your checked bag. However, TSA should allow it through security (to avoid additional scrutiny, take out the device and place it in the basket). As for using it on-board: The rules are hazy. If your model transmits information, then most likely it is not approved.

TODAY ON DISCUSSIONS: Washington Post music critic J. Freedom du Lac talks about the latest on the music scene at 2 p.m. | washingtonpost.com/discussions.

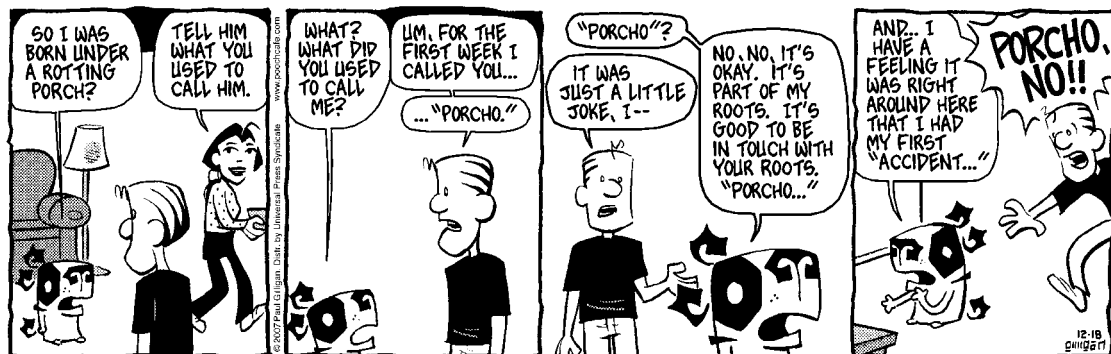
DO

VOLUNTEER AT THE SMITHSONIAN NATIONAL ZOO. Friends of the National Zoo (FONZ), a nonprofit organization that supports the zoo’s mission, is recruiting volunteers to serve as exhibit interpreters and guides. Applicants must be 18. More information can be found at Fonz.org/volunteer.htm.

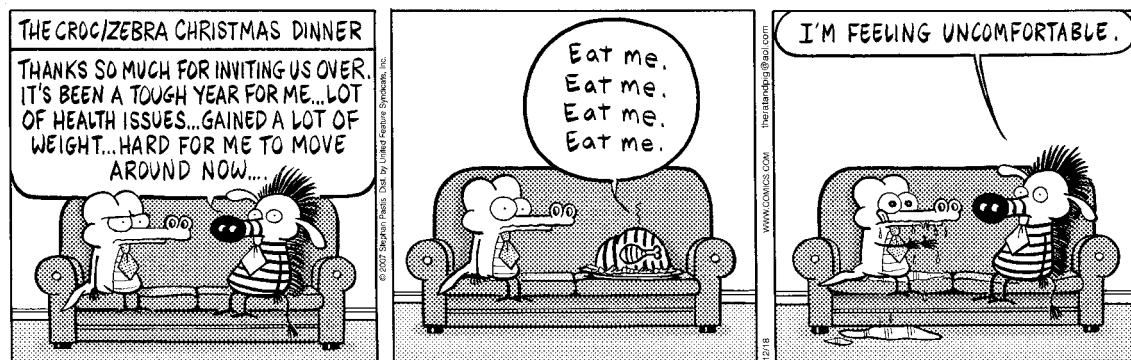
Bizarro | Dan Piraro

**Cornered** | *Mike Baldwin*

“Don’t force it. Let me call tech support.”

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

SAGITTARIUS (Nov. 22-Dec. 21) Do you think that you can beat the odds and come up with something that is a sure-fire success while fighting a hard personal battle? You can.

CAPRICORN (Dec. 22-Jan. 19) Don't come on too strongly, especially dealing with a loved one who is proving all too stubborn. Be relaxed and gentle.

AQUARIUS (Jan. 20-Feb. 18) What are you doing wasting your time on something that can yield only limited results, if any? You have much greater potential than you know.

PISCES (Feb. 19–March 20) You are nearing the end of an important phase, but you may not want to let go of some of the things that have been yours throughout it all.

ARIES (March 21-April 19) You may be asking questions that put certain others on the defensive. You may be on to something; use care while solving this mystery.

TAURUS (April 20-May 20) You may be

unusually demanding—and in a manner that rubs others very much the wrong way. Take time to pause, consider and relax.

GEMINI (May 21–June 20) You may have a reason to put yourself through something more difficult than expected — and, considering possible rewards, it may be worth it.

CANCER (June 21-July 22) You don't want to fall into any normal categories, so you must take a chance on behavior that is far from expected. Can you do it?

LEO (July 23-Aug. 22) You may find that it is easier to work with those with whom you have little in common than it is with those who are very much like you.

VIRGO (Aug. 23-Sept. 22) You'll receive a promise from someone who has been less than reliable in the past; but you'll have a good reason to believe him or her.

LIBRA (Sept. 23-Oct. 22) You're going to have to answer several questions that leave you uncertain about your own future. Don't let insecurity hang on long.

SCORPIO (Oct. 23-Nov. 21) Process is actually more important than results, particularly when you consider that immediate results are only part of the whole.

Letters

Turn Down iPods on Metro

THINK ABOUT THOSE around you during your Metro commute and turn down the volume on your iPod! Every morning, I feel like I have a jukebox full of options to listen to on Metro. Be aware that your tunes are way too

loud when I can understand the lyrics while sitting more than two rows away or even standing five people away. When I use my iPod on Metro, I keep it so low it is almost inaudible. Think about double-checking with those around you to make sure they can't hear your music. If they wanted to listen, they'd bring their own.

—SHANNON CAMPBELL
Falls Church, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1865 The 13th Amendment to the Constitution, abolishing slavery, is declared in effect.

1892 Tchaikovsky's ballet "The Nutcracker" publicly premieres in St. Petersburg, Russia.

1969 Britain's Parliament permanently abolishes the death penalty for murder.

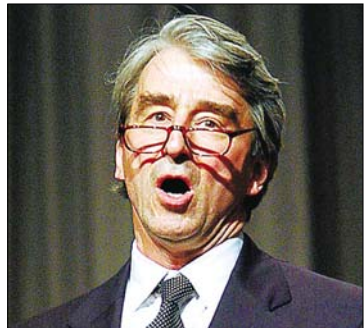
1940 Adolf Hitler signs a secret directive ordering preparations for a Nazi invasion of the Soviet Union.

1997 Comedian Chris Farley is found dead in his Chicago



apartment; he was 33.

2006 The NBA suspends seven players for their roles in a brawl between Denver and New York; each team was fined \$500,000.



DEAN COX/AP

They couldn't get a REAL politician.

IMAGE

Flighty Idealist Web Site Needs Serious-Looking Face

SAM WATERSTON, whose character Jack McCoy recently became district attorney on "Law & Order," says he has no interest in running for office — but he is dipping his toe into the political waters. He has become the spokesman for Denver-based Unity08, a centrist effort for political change that is trying to put a bipartisan ticket picked online on the presidential ballot. (AP)



MARK DAVIS/GETTY IMAGES

OH, WELL

A New Record?

PAMELA ANDERSON has filed for divorce from Rick Salomon after just two months of marriage. Anderson cited irreconcilable differences in papers filed Friday in Los Angeles. Anderson and Salomon wed Oct. 6 at a Planet Hollywood resort. The couple separated less than 10 weeks later, on Dec. 13. (AP)

WHINING Fed Up, Young Singer Retires to Quiet Farm

RIHANNA continues to shoot down rumors that she hooked up with Josh Hartnett. "This is what really happened," the singer, 19, tells Allure magazine. "He and my management, they have each other's contact infor-



Being a celebrity just didn't work out for her.

mation. I went to [the New York club] Pink Elephant, and he came by. All of a sudden, the next day, I'm seeing that we were kissing and hugging up each other." She has also been linked to Shia LaBeouf. (AP)

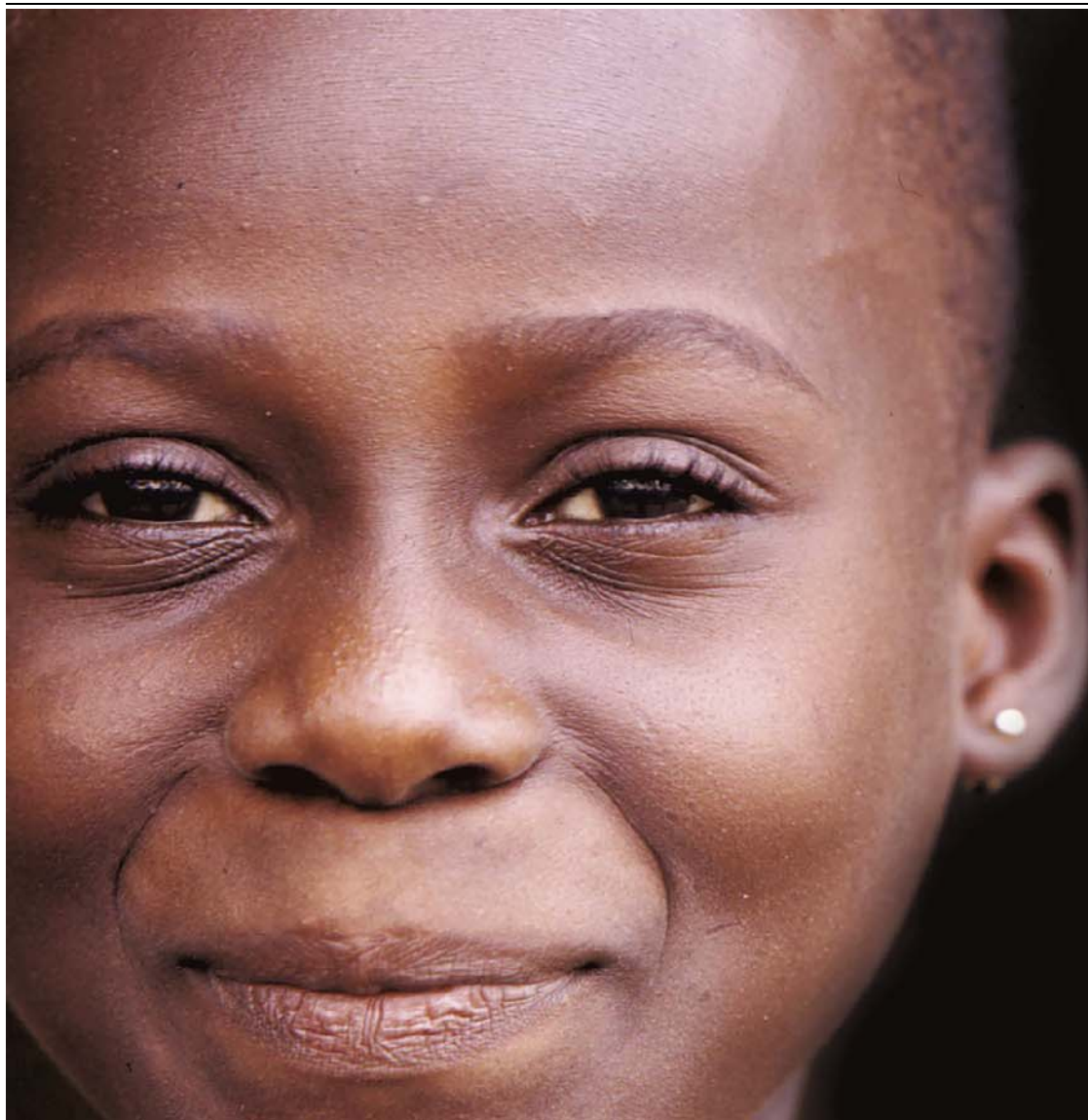
STUBBORN

Director Will Stand by 'Godfather III' Until Death

FRANCIS FORD COPPOLA says little would change if he were given a chance to do his life over, like the main character in his new movie, "Youth Without Youth." When I die, I am not going to be there saying, "Oh, I wish I had done this, and I wish I had done that." Because I did it," the director said. (AP)



Why doesn't anyone understand that the beret means no autographs!



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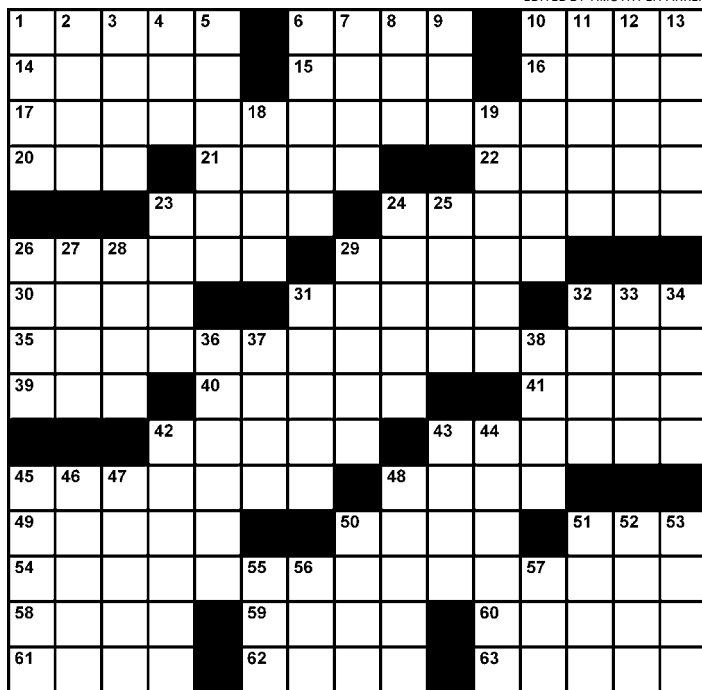
CROSSWORD | OPERATION

ACROSS

- 1 Does little
6 Lo-cal, in ads
10 Can blemish
14 Islamic deity
15 "___ mouth, insert foot"
16 Switch finish?
17 Great shape
20 Aurora's counterpart
21 Caddie's offering, perhaps
22 One of the Boys of Summer
23 NL East nine
24 Steps over
26 They may be wild
29 Staffordshire river
30 Songs of praise
31 Feel about blindly
32 Mauna ___
35 Snoop Dogg release, e.g.
39 . follower
40 Pony control
41 Early Peruvian
42 Wicked one
43 Bowl-shaped cavity
45 Lions, tigers and waterfalls
48 Brainiac
49 Actress Burstyn
50 Carmen the singer
51 Jamaican jazz-influenced genre
54 Indy pro
58 Terrible one
59 "Exodus" author
60 Make merry

DOWN

- 1 Overdue
2 Some of this, some of that
3 European range
4 Spare tire, essentially
5 Weather prediction
6 Crazies south of the border
7 Modern music machine
8 Perfection, to Retton
9 Close down
10 Find loathsome
11 Eastern tribesmen
12 Lasso's loop
13 Ecru, mauve, et al.
18 Poker winnings
19 Laundry employee
23 Entangle
24 Short swamp creatures?
25 Taken-back property
26 "___ Barleycorn"
27 Cartoon pup
28 Maintained
29 Inclination
31 Shows delight
32 Dryer leftover
33 Popular story starter
34 Seaweed product
36 Familiarize with

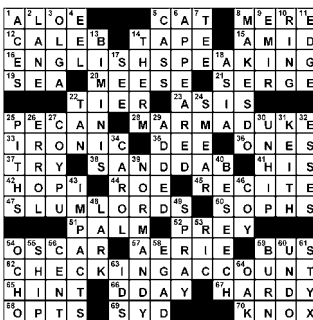


EDITED BY TIMOTHY E. PARKER

- new surroundings
37 Duke, to an earl
38 Cameron of "My Best Friend's Wedding"
42 Central California city
43 Fashionable
44 Wealth
45 Fix a boutonniere, e.g.
46 Sweet pea's caretaker

- 47 Sacrifice site
48 Take by force
50 UAE biggie
51 Fly in the ointment
52 Airborne toy
53 Blackjack requirements
55 Call at home
56 Siding with
57 In the manner of

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

8	5	4	7	2	6	1	9	3
6	1	7	8	9	3	5	2	4
3	2	9	1	4	5	6	7	8
9	7	1	3	8	4	2	5	6
5	8	3	2	6	1	7	4	9
4	6	2	5	7	9	8	3	1
2	9	6	4	5	8	3	1	7
7	3	8	9	1	2	4	6	5
1	4	5	6	3	7	9	8	2

2				4				
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7			2			8	1	4
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Do sweat it at D.C.'s newest health clubs and yoga studio **E5**



E7 Spice up your life with a dose of cinnamon



Dramatic doctors don't always have facts straight **E11**

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Q&A

SHE'S TAKING HER STRIPTEASE TO THE BEDROOM TO SHOW OFF HER PASSION FOR PILATES & YOGA **E4**

CARLEEN
ELLE
TRA

BaggageCheck



GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

She Doesn't Love Herself, So How Can I?

Q Do you think it's appropriate for a guy to expect his girlfriend to maintain a certain weight? I've been patient with my girlfriend as she steadily becomes less interested in taking care of herself; this is hygiene and grooming issues in addition to weight gain. I haven't known what to say or how to say it, but I can't deny that I am less attracted to her than I once was. We've been together for nine months.

— DON'T WANT TO BE A JERK

The question is not whether it's appropriate to expect a girlfriend to constantly maintain a specific weight — we might as well expect perfect weather all year long, or that there'll never again be a reality show involving someone with the intellect of a yellow-bellied marmot.

But does it matter that you're



ERIC REECE

getting less attracted to your girlfriend? Yes. And as to whether it should concern you that she seems to be growing less interested in taking care of herself and her body? Yup, a thousand times over.

Your approach, though, should not be about "expectations" (which sound suspiciously like the phrase parents use before a grounding) or numbers on the scale. It should be about your concern as to why she's

changing and what seems wrong under the surface.

Only you know how you can finesse this conversation and whether you can honestly say you're more worried about how she's feeling than about how her clothes are fitting. But if you're in this as a true partner, what you have is someone who doesn't seem to be feeling good about herself. That's where Super Partners throw

on their capes, state how much they care and are concerned and, finally, seal their lips and listen.

(Un)happy Holidays

Q Every time the holidays roll around, I get down. I know this is typical because of the stress, family issues and cold-weather stuff most people face. But it doesn't make it any less of a bummer. I know you must have some tips to get through these doldrums.

— WAKE ME IN JANUARY

Many people have their "how to deal with holiday stress" tips, from the most white-toothed of daytime talk show hosts to that aunt of yours with the marshmallow-laden sweet potatoes.

This time can, indeed, be emotionally taxing, whether it's feeling empty in a house chock-full of presents, or not having the time or resources to stop and sniff the nog in the first place.

The most basic of tips is to do a reality check — remind yourself that running yourself ragged or focusing too much on the exter-

nal trappings of the season will get you nothing except a wrapping-paper hangover. Try to start small, doing tiny things that will make the holiday most emotionally fulfilling and relaxing for you, whether it's looking through old family photographs, contacting long-lost friends, inviting loved ones over for a no-reindeer-sweaters-allowed potluck, doing a few hours of volunteer work or even just trying some garden-variety stress relief: a massage, a daily brisk walk in the sunlight, journal-writing, bubble baths, detoxing from all things poinsettia.

As the dark and cold sets in, meteorologically and metaphorically, keeping moving physically, and at least trying to eat healthily (by adding nutritious foods to your diet more so than denying yourself) becomes even more important. Finally, don't be afraid to go minimalist. A simple discussion with friends and family about toning down the hype and expectations might bring relief to all involved.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

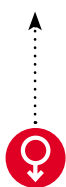


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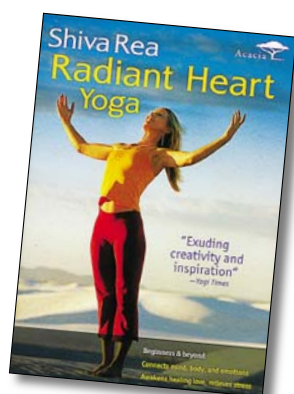


A publication of The Washington Post



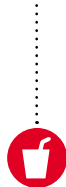
I JUST CAN'T HIDE IT

If cough drops are one's idea of sexy — or at least the overpowering stench of menthol is — one might enjoy LifeStyles Excite Female Sexual Stimulating Gel (\$10, drugstores). The stuff is meant to tingle, which might please Mrs. Kringle if she finds one of the mini-pump bottles nestled in her stocking.



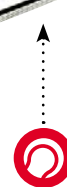
WILD AT HEART

The shots of yoga diva Shiva Rea posing on "Radiant Heart Yoga" (\$15, Acacialifestyle.com) are so gorgeous, you probably won't mind that you can't always tell what the heck she's doing. But if you follow along, you'll get relaxed no matter how (in)flexible your limbs are.



SIMPLY THE BEST

The mad scientist in you will dig dripping a "twist tube" of Simple Nutrilite Blueberry (\$11 for 20, Simplynutrilite.com) into your water, while the health nut will flip over the antioxidant burst. It'll also fancy the rest of the line of tasty bars, vitamin packs and sensibly sized juices.



LIKE BIG PUTTS

Ladies who lunch have a certain cachet, but the gals who golf get better toys, like Odyssey's Divine Line Rossie Putter (\$150, Odysseygolf.com). For a feminine touch, it has a heavier head and a shorter shaft than the guys' model. It's more than par for the course.

GUINEA PIG



No Relief Here

■ What if, through the awesome power of science, a hybrid of a Listerine breath strip, Robitussin and peanut butter were to come into being? Would you put this in your mouth for any reason? What if the reason was to relieve sore throats in children?

Orajel's new Sore Throat Relief Strips (\$4-\$5, drugstores), which, for some reason depict Scooby-Doo — perhaps because his throat is so prominent? — are The. Most. Vile. Things. We. Have. Ever. Put. In. Our. Mouths. They don't melt, but soften and cling to the roof of your mouth and tongue, going nowhere near the throat. The taste is beyond cloying and well into gaggingly sweet. Because it's so sticky, when you realize the mistake you've made by trying to ingest it, water won't rinse it away. We had to cram a granola bar in our maw to take the edge off, and even that didn't work so well.

In terms of soothing the throat, the cherry-flavored strips employ pectin, a fruit sugar. But since we couldn't get any of it down our sore throat, we can't say whether it worked. HOLLY J. MORRIS (EXPRESS)



Where technology meets tranquility

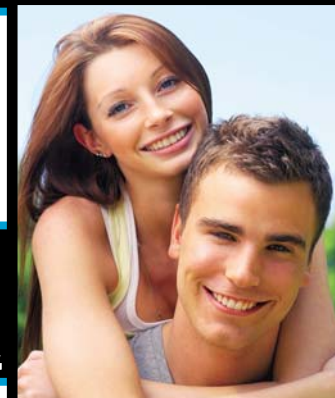
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THE MISFITS

Unruly Innards

Q I've just taken up running, and I absolutely love it. But I've developed an embarrassing flatulence problem. Is this normal? What can I do? —Anonymous

■ So you've found out that your new hobby is a gas, huh? For the most part, folks who lace up sneakers have happy gastrointestinal tracts that dig a good 5K. "If patients are constipated, we tell them to move more," says Zaifi Shanavas, a gastroenterologist with Capital Gastroenterology Consultants. A morning jog can be better than a bran muffin for keeping you regular.

But sometimes the intestines act up when they're jostled. Metropolitan Gastroenterology Group's Donald O'Kieffe, a gastroenterologist who sees a fair number of elite runners, is familiar with your woes. There are a slew of possible causes. Early in a run, "it's the air already in the system trying to make its way out because of the stimulation of the up-and-down exercise," O'Kieffe says. After a few miles, you could be swallowing extra air along the way, especially if you gulp down water en route. Or your pre-workout fueling could be the problem — lactose- and fiber-rich meals are often behind tummy trouble. "Plan your running for after you've had a bowel movement," O'Kieffe suggests. He also has patients on over-the-counter remedies such as simethicone (an anti-flatulence drug), Pepto-Bismol and yogurts with probiotics.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

VITALSTATS

3

THE PERCENTAGE THE TEEN BIRTH RATE ROSE FROM 2005 TO 2006, THE CDC SAYS. THIS REVERSES A 15-YEAR DOWNWARD TREND IN TEEN BIRTHS.

Bedroom-Ready Body

Strip celebrity Carmen Electra takes her routine into the boudoir

Without good genes and surgical enhancement, most women aren't going to look like Carmen Electra. But they can rump-shake just like her with enough practice (and step-by-step instructions). Her "Aerobic Striptease" series — often credited for starting the naughty fitness boom — is getting augmented with the introduction of two titles: "Vegas Strip" and "In the Bedroom" (\$17 each). In the former, Electra struts her stuff like a showgirl; in the latter, she takes to tumbling on a mattress.

Had you ever worked out in a bed before this DVD?

Well, uh, sure I have. But I think the idea came from when you're traveling and you're in a hotel room and the bed is right there. You can pop in the DVD, and then it's really your choice if you want to see it as your workout or something you want to share with your partner.

Do you have a favorite move?

I liked the part we shot on the stage at Studio 54. It was really aerobic and gets you to sweat and burn calories. "In the Bedroom" reminded me more of Pilates and yoga. So, I guess it depends on the mood.

How about a move that you've found really effective?

Dips. That's when you bend your knees and dip your butt all the way to the floor. It helps you firm everything in your legs, and it looks cute.

How do you take Pilates moves and make them sexy?

If you're at the gym doing a certain movement, you're probably not going to put the same sensuality into it. But it's about feeling comfortable and letting yourself feel free.

Any tips on getting in the right mind-set to do that?

I would start by just doing the



DVD. You have the choice of how you want to do it. If you want to do it to stay in shape, you can do that. Or, if you want to take it a step further, get the moves down to the point that you don't need the DVD anymore. Light candles, dress up in lingerie, and give a little show with what you've learned.

What else do you do to stay in such good shape?

I do a lot of yoga, but if I'm performing or dancing, that's the best way to stay in shape. And sometimes I'll go to the gym and I'll take classes.

How do you make that fun?

POLE HIM OVER

→ Get a leg up on Electra by giving pole dancing a whirl. You can try out your tricks in the D.C. area at several locations, including Goddess Fitness (4931 St. Elmo Ave., Bethesda; 301-654-2007; Goddessfitness.com), which offers five levels of pole classes, and the P Spot (210 Rhode Island Ave. NW; 202-299-9604; Thepspot.net). Closer to Baltimore, check out the Xpose Fitness chain (Xposefitness.com) — it has four locations dedicated solely to pole and chair dancing. Both Goddess and Xpose offer free intro sessions for newbies.

If I'm going to the gym and just running on the treadmill, at least I'll have good music. That little motivation, that's what it's about.

What is it about sexiness that motivates women to do your DVDs?

People get bored with doing the same kinds of workouts. This makes people curious. They see the cover and say, "What is this?" And a lot of women want to feel sexier. There's pole dancing now, which is something I've been dying to learn. I want to do that so bad.

Any advice for looking good over the holidays?

Just go for it. There's food everywhere and it's hard to not to eat. After it's over, go back to your healthy routine. VICKY HALLETT (EXPRESS)

Phys Ed | **fit**

Just off of this vast weight area is Results' cafe, which provides a shortcut directly from the Farragut North Metro stop.

Places to Get Pumped

Avoid the Santa look by checking out these new fitness facilities

There's nothing magic about Jan. 1 — except for maybe getting the day off from work to nurse your hang-over. So, get a jump start on resolution season by checking out D.C.'s newest places to break a sweat.

VICKY HALLETT (EXPRESS)

Results Gym

Each Results location is known for its vibe — Dupont is gay-friendly, Capitol Hill is family-oriented, and the new downtown space is aiming to be a high-tech paradise. It boasts the latest advances, like Espresso bikes, which provide virtual reality rides, and a Hydroworx Training pool (a tub for one that allows you to swim against a current or walk on an underwater treadmill). A disco ball dangles in the cycling studio, but it's anything but retro. You can squeeze in a workout anytime, thanks to on-demand videos of past classes. Miss your favorite ab workout? With the same technology, you can do it one-on-one with a TV on the lower level. Perhaps the best innovation is that you don't need to go outside to get there. Just sneak in using the tunnel from the Farragut North Metro station.

→ *Downtown (1101 Connecticut Ave. NW; 202-887-0999; Results.thegym.com)*



The new Washington Sports Clubs' South Bethesda pool is making a splash.

Washington Sports Clubs

There's been a line outside the doors every morning since WSC opened this 35,000-square-foot space. Why? Its four-lane pool is drawing in the lap crowd, who like to get their splashing started early. It's also swimming in personal trainers, as the staff has ballooned from nine at the previous Bethesda location to 34 here. Other upgrades include a more spacious day care center, three complete weight circuits, a dedicated personal training area and about 80 pieces of cardio equipment — all with individual TVs. Clients get access to some hard-to-find pieces, like an upper-body ergometer (for a cardio workout with your arms instead of your legs) and a treadclimber (what would result from the union of a stair climber and a treadmill).

→ *South Bethesda (6828 Wisconsin Ave., Bethesda; 301-654-1990; Mysportsclubs.com)*

Woodley Park Yoga

Bright orange and yellow walls, and big windows make this third-floor studio a welcoming spot even at the crack of dawn, which is when owner/instructor Faith Scimecca offers most of her classes. One of the youngest Ashtanga teachers in the world — and the only female one in the city — Scimecca holds traditional Mysore sessions from 6 a.m. to 9 a.m. every weekday (the grandson of Ashtanga's founder asked her to do so when she studied in India). There are also a few guided classes on the schedule, as well as two-week-long intro courses. "This stuff is hard. Ashtanga teaches you not to take it too seriously," she says of her laid-back style. Instead of a cash register, an envelope sits on the reception desk, so students can discreetly deposit their fees. They'll be doing it quite a bit: Scimecca requires them to practice at least twice per week.

→ *(2625 Connecticut Ave. NW, 202-280-9328, Woodleyparkyoga.com)*

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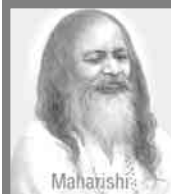
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Angel on My Shoulder

Put a stop to
shoulder pain
by tweaking your
exercise form

Fifty percent of people with shoulder pain who see a general practitioner still report pain a year later, according to a study from the Netherlands. Ouch.

So, we have the fix: See a physical therapist who specializes in sports medicine, and modify common shoulder exercises with these tweaks from a recent report in Strength and Conditioning Journal.

BENCH PRESS: Moving your arms below shoulder height in this position can strain your shoulder joints, so place a rolled-up towel on your sternum to limit the bar's descent.

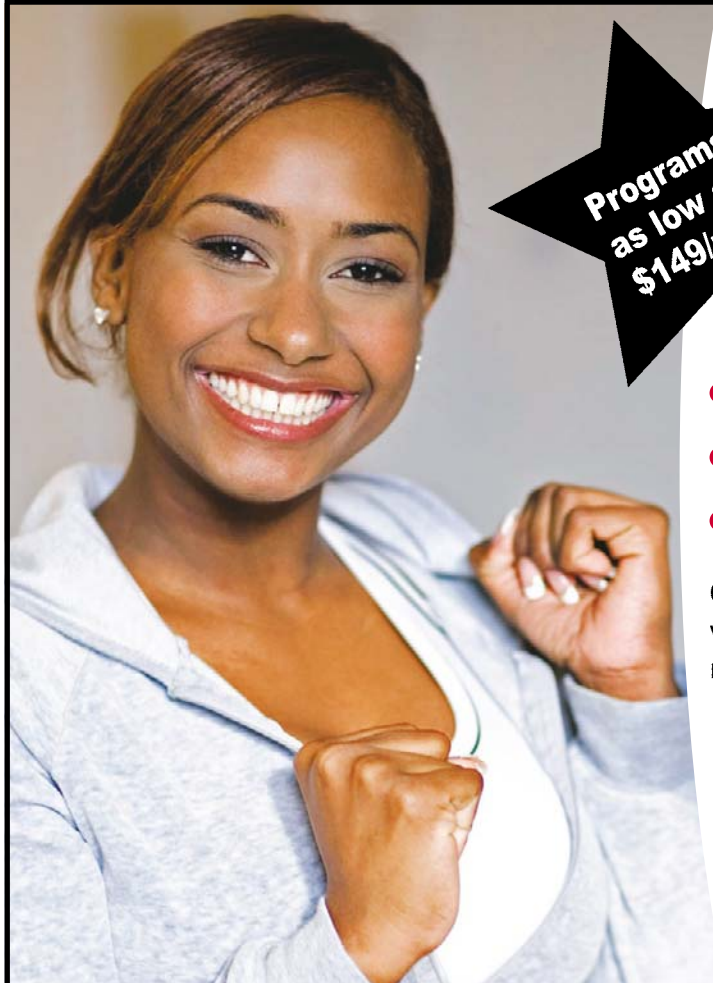


LAT PULL-DOWN: For this shoulder exercise, grab the bar with an under-hand grip, with hands less than shoulder-width apart. Lean back slightly and, keeping your back straight, pull the bar toward your chest. Allow your arms to straighten to return to the starting position.

SQUAT: Holding the barbell across your back can strain your shoulder

joints. Try front squats instead. Hold the bar in the crooks of your fingers so it rests on the front of your shoulders, and keep your elbows high.

LATERAL RAISE: Hold the dumbbells with your thumbs up and your arms slightly in front of your body to remove stress from your rotator cuffs. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)



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Sticks of cinnamon have a longer shelf life than the ground-up stuff, and they can serve as a swizzle stick in hot chocolate.

Welcome to Cin City

Sans sugar, the delightful spice does double duty as a health food

Like Lindsay Lohan in "Mean Girls," cinnamon is a good kid that got mixed up with a bad crowd. The fatty results: cinnamon buns, cinnamon sugar, cinnamon swirl raisin bread. But without the sugar, cinnamon's effect on your health is better than good: It's fantastic. "It's emerging as a true wonder food in terms of health protection," says Ann Kulze, a physician in Mount Pleasant, S.C., and author of "Dr. Ann's 10-Step Diet."

Research has linked the copper-colored stuff with reduced blood sugar, cholesterol and triglyceride levels in people with type 2 diabetes, and a recent study published in the American Journal of Clinical Nutrition found that adding a little more than a teaspoon to rice pudding even helped tame blood sugar in people without diabetes. Kulze says cinnamon also contains

polyphenols, antioxidants that create healthier arteries and reduce the risk of cardiovascular disease. The spice's energizing scent has also been found to help increase alertness.

The best part is that cinnamon is easy to add to food you already eat and makes everything taste better. Both ground and stick forms are equally healthy, but sticks have a longer shelf life (one year, compared

The spice's energizing scent has been found to help increase alertness.

with six months for ground). No need to grind your own: Pre-ground store-bought cinnamon is as good as fresh-ground and saves the hassle. Aim for 1/2 to 1 1/2 teaspoons (or one to two sticks) per day, Kulze recommends. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE

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SPRINKLE PLENTY

Try these tricks to get more of the nice spice:

- Add 1/2 to 1 1/2 teaspoons to hot oatmeal or cold cereal, or a tablespoon to pancake batter.
- Mix 1/2 teaspoon into 2 tablespoons peanut butter and spread on celery sticks.
- Microwave 1 cup soy milk and 1 teaspoon honey for 1 1/2 minutes, then add 1/2 teaspoon. Or simmer a stick and honey in soy milk for 5 minutes on stove.
- Stir 1/2 teaspoon into yogurt.
- Sprinkle 1/2 teaspoon over sweet potatoes or carrots.
- Toss 1/4 to 1/2 teaspoon over broiled grapefruit or bananas.
- Add 2 teaspoons to a rub for grilled chicken or pork.
- Coat 2 cups of raw nuts with a mix of 1/4 cup honey and 1/2 teaspoon cinnamon and roast at 350 F for 15 minutes.
- Shake three dashes into your favorite fruit smoothie.
- Sprinkle 1/2 teaspoon straight into your coffee or latte.

EATING IN

Apple Butter Spice Cake

INGREDIENTS: 1 cup apple butter; 1/2 cup buttermilk; 1/3 cup molasses; 1/4 cup canola oil; 1 large egg; 2 teaspoons vanilla extract; 2 cups all-purpose flour; 1/2 cup packed dark brown sugar; 1 tablespoon ground ginger; 2 teaspoons cinnamon; 1 teaspoon allspice; 1/4 teaspoon ground cloves; 2 teaspoons baking soda; 1/2 teaspoon salt.

PREHEAT OVEN TO 350 F. Lightly oil a 7-by-11-inch baking pan or coat it with cooking spray. In a large bowl, whisk together the apple butter, buttermilk, molasses, oil, egg and vanilla. In another bowl, stir together the flour, brown sugar, ginger, cinnamon,



TIME: 60 MINS.; **SERVES:** 12

allspice, cloves, baking soda and salt. Stir the dry ingredients into the apple butter mixture just until well combined. Using a rubber spatula, scrape the batter into the prepared baking dish, smoothing the top. Bake for 35 to 45 minutes, or until the cake feels firm when lightly pressed in the center. Let cool for 10 minutes. (AP)

238 calories, 3 g protein, 44 g carbohydrate, 6 g fat (1 g saturated), 18 mg cholesterol, 247 mg sodium, 2 g fiber

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CHEW ON THIS



Trim Yourself, And the Tree

■ December has a bad reputation for making folks fat. But the average healthy person gains only one to two pounds over the holidays. Still, over a lifetime, those pounds can add up, so maintaining your weight from now until New Year's is a fine goal.

First, focus on what you should include in your diet, like fruits and vegetables, in addition to limiting your intake of fats and sweets. That means a healthy snack before you go to the holiday party — don't show up hungry or you'll find yourself downing the cheese, fried appetizers and festive candy. Better yet, bring your own dish to share, like a fruit salad or a veggie platter to add to the holiday fare, providing a healthy alternative or you and other party guests.

Start a new tradition, one that includes exercise. Take a walk around the neighborhood after the feast, or start an annual friends-and-family football game on New Year's Day before you settle in to watch the games on TV. Instead of meeting a friend for a holiday drink, take a walking tour of D.C.'s decorations. Or give someone you care about the gift of exercise — a new set of sneakers or a jump rope should inspire them!

Lastly, watch what you drink. Did you know that an 8-ounce glass of eggnog contains more than 300 calories? Stick with sparkling water or some wine; a 5-ounce glass of red wine contains about 100 calories and a plant nutrient called resveratrol that's thought to be loaded with health benefits. Cheers!

@ Kristen Ciuba, MS, is the nutritionist at Results the Gym, in D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com



Get a Bun in the Oven

Fertility woes might be solved with a few diet makeover tips

Home remedies to boost the odds of becoming pregnant include thinking positive thoughts and placing a pink or blue ribbon under a bed pillow. But women who want to try something with a bit more science behind it can start by changing their eating habits. So say Harvard doctors who recently completed a study on women's diets and fertility.

Their findings suggest that certain foods and lifestyle factors can significantly affect hormone levels and improve fertility in women with ovulation problems — a common cause of infertility, says Jorge Chavarro, lead author of the study, which was published last month in the journal *Obstetrics & Gynecology*.

Few studies have specifically

examined diet and infertility. The recent findings were culled from the long-running Nurses' Health Study II, an epidemiology study of registered nurses launched at Brigham and Women's Hospital in 1989. For the fertility analysis, the researchers analyzed data collected from 17,544 women with no history of infertility over eight years as they tried to become pregnant or became pregnant. They surveyed the women on their diets, exercise habits, weight and many other health factors.

In general, the study's findings point to factors that can disrupt the delicate balance of hormones needed for reproduction. Although the researchers aren't sure why certain foods seem to influence fertility, they have some strong hunches based on other scientific studies, says Chavarro, who has co-written a book based on the findings, *"The Fertility Diet."*

Research has shown, for example, that women with a disorder

avoid refined carbs such as white bread, potatoes and sugary sodas, which quickly raise blood sugar and insulin, disrupting the balance of hormones. In the Nurses' Health Study II, women who had the highest glycemic load (a measure of the amount of carbohydrates in the diet and how quickly carbohydrates are turned into blood sugar) were 92 percent more likely to have had ovulatory infertility than women in the lowest glycemic load category.

Another strong correlation was found with the amount of trans fats women consumed. The

“Whole milk and ice cream appear to be potent fertility foods.”

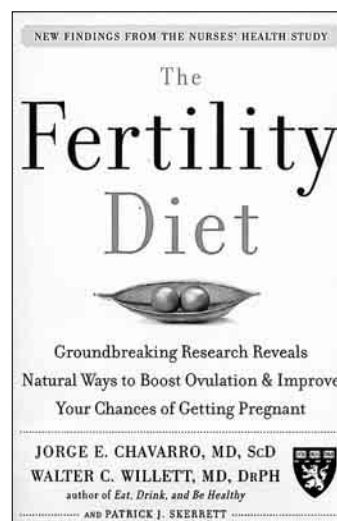
study found that eating a modest amount of trans fat — just 2 percent of calories — in place of healthier fats and carbohydrates would raise the risk of infertility by 73 percent to 131 percent. Monounsaturated fats, such as those found in olive oil and canola oil, on the other hand, help increase insulin sensitivity and improve fertility.

One of the more surprising findings of the study was that whole milk and ice cream appear to be among the most potent fertility foods. That discovery does not have an obvious explanation, Chavarro says. It could be that removing fat from milk alters its hormonal composition, deleting estrogen and progesterone and leaving an excess of male hormones that can affect ovulation.

“The Fertility Diet” recommendation is to get one or two servings per day of whole milk or other full-fat dairy foods. But, Chavarro cautions, don't go crazy with the Haagen-Dazs. The idea is to balance the ratio of male to female hormones — not pack on pounds, which in itself can disrupt the balance of hormones needed for reproduction.

“Having one glass of whole milk every day is different than having a gallon of whole milk and a bowl of ice cream,” he says. “We know one of the best ways to improve insulin sensitivity is to lose weight. So, weight control is among the top priorities of the diet,” even while including some high-fat dairy in the diet.

SHARI ROAN (LOS ANGELES TIMES)



called polycystic ovary syndrome frequently experience ovulatory infertility due to insulin sensitivity and high testosterone levels. They are more likely to get pregnant after they lose weight or are treated with medications to improve insulin sensitivity.

Thus, one recommendation in “The Fertility Diet” is for women to

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Put Down the Brush or Else!

Over-styling your hair can result in bad breaks, so fix your technique

You crunch, blow and curl it to make it look great, but all that handling could be sending your hair down the drain — literally. Forty-one percent of women say they experience hair breakage on a daily basis. Here's how to protect your tresses from styling mistakes.

Overhandling

Teasing or vigorous shampooing will eventually fray the cuticle, the outer layer of the hair shaft that protects the fragile inner filaments. The result? Hair breakage.

→ **HAIR HELPER:** Use the tips of your fingers to gently cleanse your scalp — no need to scrub. After you condition but before you rinse, detangle your hair in the shower with a wide-tooth comb. Try Pantene Pro-V's Restoratives Breakage Defense shampoo, conditioner and strengthening spray, lotion, or leave-in crème to minimize damage (\$5;

drugstores). When hair is dry, brush just enough to style it.

Overheating

When exposed to high heat, the cells of the hair's cuticle separate and break off, exposing the delicate filaments within. Hair loses its smoothness and luster, too, when the cuticle is damaged.

→ **HAIR HELPER:** Never blow-dry sopping-wet hair; it can't take the heat. After rinsing, squeeze hair gently with a towel. Try the super-absorbent Aquis Microfiber Hair Towel (\$18, Amazon.com). If you shampoo daily, use a leave-in conditioner designed to protect blow-dried hair. Direct medium heat airflow down the hair shaft in the direction that the cuticle's cells are layered; blowing hair in all directions leads to frizziness. Turn off the blow-dryer when hair is almost dry, and then lightly brush to style it. Black women should not use curling or flat irons more than once per week or soon after color or relaxation treatments. If you must touch up, use a heat protector spray such as Tresemme Instant Heat Tamer (\$4, drugstores).



This blow-drying technique may lead to frizziness. It's better to go blow down the hair shaft.

Overprocessing

Most dyes, perms and relaxers aren't dangerous unless they're left on too long or used too often.

→ **HAIR HELPER:** "Don't perm more frequently than every 120 days," says Mary Lupo, a clinical professor of dermatology at Tulane University

School of Medicine. Never perm and color on the same day — a few weeks in between is best. For black women, relaxers and other chemical processes may contribute to a kind of permanent hair loss called central centrifugal cicatricial alopecia (CCCA), although genetics also may be involved. Women with CCCA can either relax or color, but not both.

Too-Tight Ponytails

The pressure of a rubber band around a ponytail can wear away the protective cuticle and cause hair to break. Anything that puts tension on the hair follicle for a prolonged period, like braids or extensions, can pull hair out by the roots, causing traction alopecia (balding).

→ **HAIR HELPER:** Use only hair-protecting bands, such as Goody StayPut Hair Elastics (\$5; drugstores). If braids feel tight as they're being styled, ask the stylist to start over. Likewise, extensions and weaves shouldn't leave your scalp feeling tight, give you a headache or cause inflammation. Your best bet: temporary clip-in extensions. Check out Hairuwear.com for a wide array of choices. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

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STETHOSCOPE

INJURIES

It's Snow Fun to Fall

Feeling the wind fly through your hair as you somersault down a black diamond might be very exhilarating. But you know what's not? Smacking your head or hurting your spinal cord. That's the message Canadian researchers want to convey to risk-taking dudes, who seem to be causing the number of head and spinal cord injuries on the slopes to rise. The trend of trying to "catch air" is particularly hazardous. The scientists' advice: Wear a helmet, keep focused, and stay on the ground if possible.



ENERGY

Caffeine vs. Catnap

OK, you've been driving for hours, the highway is starting to blur and you need a quick pick-me-up. Do you go with shut-eye or a soda? According to a new report published in the journal *Sleep*, it depends on how old you are. Drivers in their 20s and 40s responded well to a caffeine jolt, but only the younger ones derived much of a boost from a 30-minute nap. Getting behind the wheel while fatigued is dangerous, so it's best to avoid it altogether. But when in doubt, order the espresso.

DRUGS

Pot Luck? Not Really

As anyone who's ever inhaled knows, cannabis smoking can lead to wheezing, coughing and feelings of tightness in the chest. This has now been verified by researchers in New Zealand, who also note that those are the same side effects one might expect from puffing on a tobacco cigarette. The real news, though, is that one joint can be as awful for your lungs as five ciggies. They found that cannabis smokers had double the risk of getting chronic bronchitis.

Wow, Doctor, Is This Serious?

Can you really walk away from a coma? Or is that just on television?

Maybe Tom Cruise's surviving two electrocutions in "Mission: Impossible III" didn't prompt you to buy a home defibrillator, but you might have spent hours searching WebMD after a woman spontaneously orgasmed on "Grey's Anatomy." Some on-screen medical plots are well researched; others are pure drama. Knowing the difference helps you set realistic expectations for your medical care. "A compelling story has the power to change our behavior," says David Casarett, an assistant professor of medicine at the University of Pennsylvania. Here's how experts judge these Hollywood health scenarios.

The Plot

On the TV show "Lost," Charlie is hanged by the Others. By the time Jack starts CPR, Charlie has stopped breathing. Frustrated, Jack slams his fist on Charlie's chest and revives him.

→ **THE REAL STORY:** It seems far-fetched, but it could work. "If you hit the chest hard enough, you can produce some electricity in the heart, but only if just a few seconds have passed since it stopped," says Benjamin Abo, an emergency medicine specialist at the University of Pittsburgh Medical Center. CPR is the preferred (and safer) option. Wrap one hand over the other, place the heel of your palm



Don't worry — real life isn't nearly as scary as "House" would have you think.

about an inch from the bottom of the breastbone, and using all your weight, press down 30 times in 15 seconds; breathe twice into the victim's mouth and repeat compressions until help arrives.

The Plot

In the movie "Mrs. Doubtfire," Robin Williams performs a Heim-

lich maneuver so vigorous that it rips off his old-lady disguise.

→ **THE REAL STORY:** To dislodge something stuck in the windpipe, your hand motions should be forceful, but there's no need to be quite that rough, Abo says. To perform the maneuver properly, stand behind the choking person and place your

closed fist just above his belly button with your thumb toward him, grab your fist with your other hand, and pull in and up, making a "J"-like motion, he says. Repeat the motion until the offending item comes out. Note: The food will not shoot across the room.

“If you hit the chest hard enough, you can produce some electricity.”

The Plot

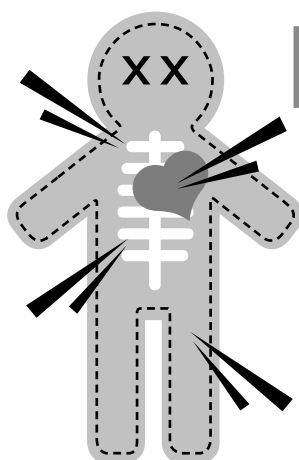
On the soap opera "The Young and the Restless," Cassie goes into a coma, then makes a full recovery (more than once).

→ **THE REAL STORY:** Casarett found that 90 percent of coma patients on soap operas recovered. In reality, a coma lasting more than a month means less than a 50 percent chance of survival. Usually, people die or go into a persistent vegetative state. That is, they make spontaneous movements and open their eyes, but they don't respond to pain stimuli and aren't aware of their surroundings. According to Casarett, the longer someone suffers impaired consciousness, the less likely she is to regain full brain functioning.

The Plot

On TV's "House," a mom nearly drowns her baby when she suffers an incapacitating seizure while giving him a bath.

→ **THE REAL STORY:** Seizures aren't usually so dramatic, says Karen Pike, a medical consultant for "Grey's Anatomy." But those that involve convulsions and loss of consciousness may signal an underlying condition such as epilepsy, meningitis or an aneurysm. If you witness a seizure, call for help and clear the area of any hard or sharp objects, Pike says. And keep your hands out of the person's mouth — she's not going to choke on her tongue. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Have you had a brief psychotic episode?

Suffered hallucinations, delusions, disorganized speech or catatonic behavior for at least one day but less than a month? You could have had **BRIEF PSYCHOTIC DISORDER**. This rare occurrence can be caused by a sudden stressor, such as the loss of a loved one. Personality disorders can make people more susceptible, too. One could perhaps view the affliction as a short vacation from the real world, though it's hardly sunbathing on the beach in Tahiti. If the symptoms last for more than a month, though, docs can't call it "brief" anymore. You might have schizophrenia.

SOURCE: MERCK MANUAL, OXFORD DICTIONARY OF PSYCHOLOGY

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